EAT GREEN • LIVE WELL

vegetarian times

vegetariantimes.com
May/June 2009

Slimming summer smoothies

Fresh & healthy

29 flavor-packed recipes under 300 calories

Vegan gourmet
The perfect picnic



EAST-WEST MARINATED ASPARAGUS, p. 62

PLUS

- **Asparagus** 5 ways
- **Cooking with** fresh herbs
- **Clean up your diet** Our weekend detox plan

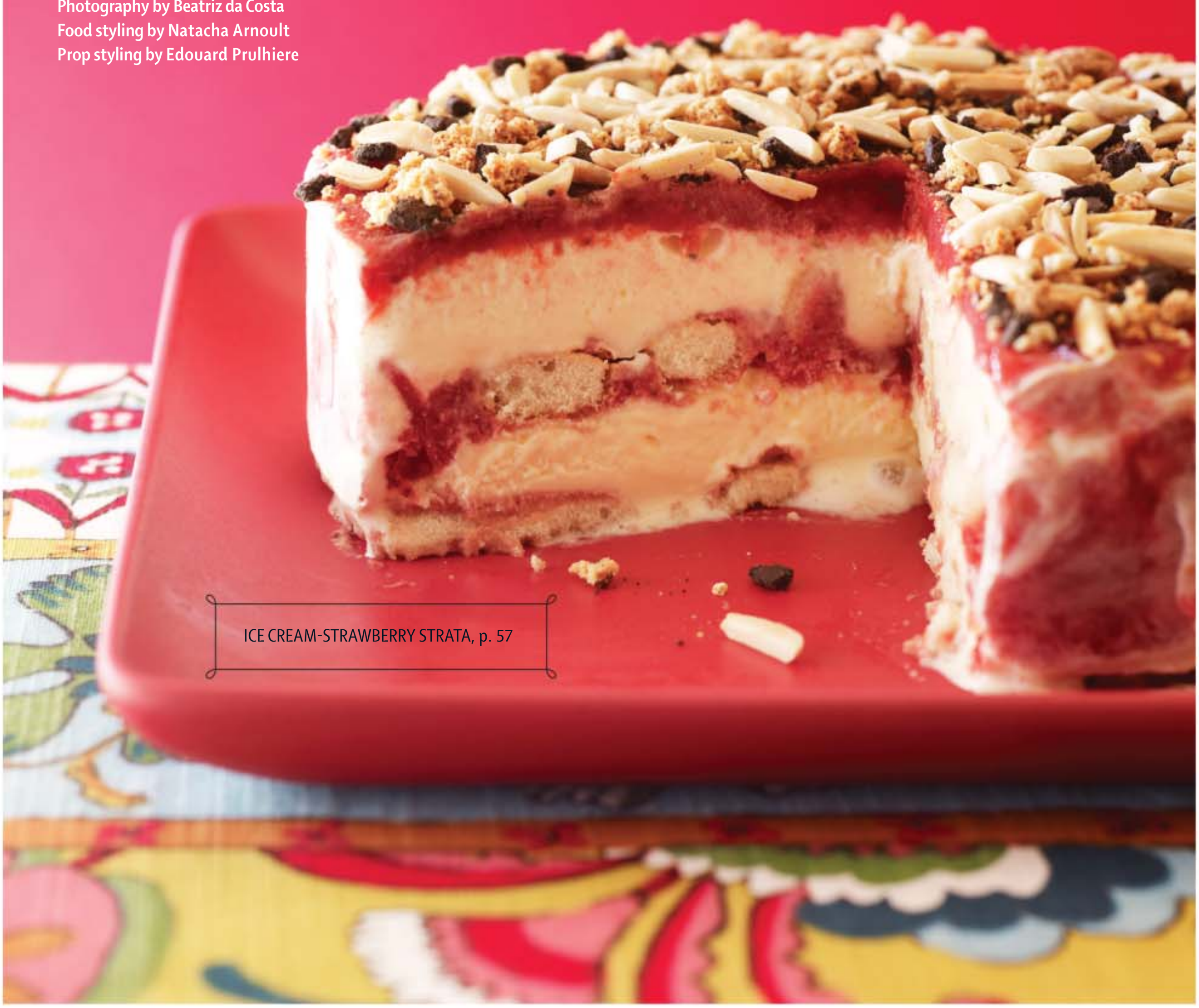
May/June 2009 | Issue 368 | Vol. 35 | no. 6

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cover

Photography by Beatriz da Costa
Food styling by Natacha Arnoult
Prop styling by Edouard Prulhiere



ICE CREAM-STRAWBERRY STRATA, p. 57

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VT editors can get pretty geeky when it comes to groceries and kitchen tools. We collect cast-iron pans and stock up on vegetarian pantry favorites. We loiter in the salad dressing aisle, scrutinizing labels. We call up organic chocolate makers and ask them to send us candy bars (and they do!). Every day, the latest and greatest food products arrive at our door, courtesy of the PR fairy. We sample them all, and make a mental list of what's great.

This year, we've decided to put the list in writing, post it on the Web, and invite our readers to help us decide the best of the best.

Throughout the month of May, visit vegetarian times.com to see editors' nominations for the first ever *Vegetarian Times* Foodie Awards. You can vote for old and new favorites in 25 tasty categories—from fair-trade coffee and essential cooking oils to the yummiest veggie burgers and breakfast cereals.

The winners will be announced in our October issue, and the simple act of voting will get you a chance to win a copy of our latest cookbook, *Vegetarian Times Fast and Easy*.

Get ready to embrace your inner grocery geek!

Elizabeth Turner

PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC


Back to Basics? We Never Left!
It's a bit old fashioned, but for decades I've been creating wholesome and delicious whole grain products following the same process honed over millennia - stone milling. It imparts a delicious flavor and preserves all of the nutrients in the grains we mill. I believe there's no better way of creating the hundreds of Bob's Red Mill products available on grocery store shelves throughout the country. And I hope you agree.
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contributors



Jen Gotch

Photographer, "Weekend Detox," p. 64; "Good Enough to Eat," p. 30

Who or what inspires you most? I am inspired every day. Sometimes by something as mundane as the way a napkin is left on a table after a meal, other times by something more obvious, like seeing the light reflect on the ocean—so sparkly.

Flinger or measurer? Measuring is for the birds.

What did you discover while on this assignment? That it is physically, mentally, and emotionally impossible to shoot a detox story while doing the detox. I only made it halfway through the first day.

Favorite piece of cookware? Does my husband count? He's a great cook.



Michael Kaminer

Writer, "One-on-One with Brendan Brazier," p. 32

Who or what inspires you most? Living in New York—it inspires constant self-improvement.

What was your most memorable dining experience ever? A multicourse vegetarian meal at a monastery in Mount Koya, Japan. We sat on the floor of our guesthouse while trainee monks brought course after course of exquisitely simple, beautifully presented vegetarian dishes on lacquer platters.

Flinger or measurer? Neurotic measurer.

What was your best improvisatory moment in the kitchen? Using crushed sweet potato chips as a crust for baked tofu—sounds weird, but came out delicious.

What did you discover while on this assignment? Plant-based foods can improve athletic performance.



Jennifer McCann

Writer, Recipe Developer, "Picnic Winners," p. 48

What's your No. 1 pantry staple? Frozen fruit. I keep several clear bins of frozen fruit (blueberries, peaches, pineapple, etc.) stocked in our freezer at all times, with a scoop right next to the bins so we can make fruit smoothies at a moment's notice.

Favorite piece of cookware? My Vita-Mix, for all those healthy smoothies.

What fruit or veggie best describes you and why? My life has been like a pomegranate: more intricate and beautiful than what you see on the surface, and every day, every seed, is sweet, but with a touch of bitterness at its center.

Flinger or measurer? Writing cookbooks has taught me to be a strict measurer and note-taker. Otherwise, I end up with something wonderful and have no idea how I did it.

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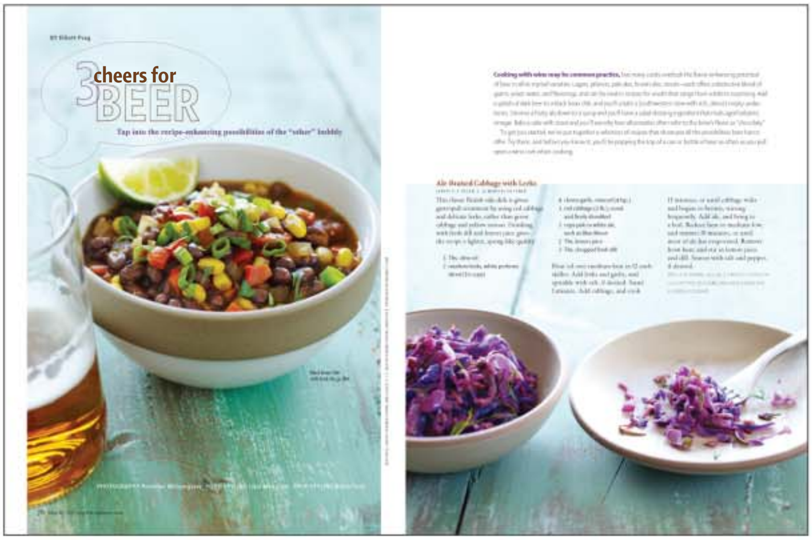
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letters



MARCH MADNESS

Guys, the March issue of the magazine was awesome! In the past I might have tried one recipe, but this time I tried many. I had a romantic dinner with my boyfriend: I made the Tempeh in Hearty Mushroom-Lager Sauce (p. 80), served on a bed of garlic-chive mashed potatoes, with a side of Glazed Parsnip and Carrot Sticks with Popped Mustard Seeds (p. 71). It was scrumptious. Another day, I made the Black Bean Chili with Dark Ale (p. 80) and Root Vegetable Stew with Spices and Dried Fruit (p. 68). It was all amazing.

JAN THE KITCHEN GODDESS | SYDENHAM, ONT.

I'm not a vegetarian, but I immensely enjoy vegetarian cooking. Your magazine has been a great source for recipes. My 11-year-old son especially loved your Tempeh in Hearty Mushroom-Lager Sauce recipe. I didn't have beer in the house, so instead I used vegetarian broth and a little Madeira. It turned out great! My son, who is an adventurous eater (I love that about him), but also quite a food critic, requested that I cut out and keep the recipe. Thank you for terrific recipes every month!

MICKI SUZUKI | SEATTLE

NO CHEERS FOR BEER

I have been a subscriber to your wonderful magazine for many years and a vegetarian for 30 years. I also have been in recovery for alcoholism. That said, I was offended by the "3 Cheers for Beer" article (p. 76) in the March issue. I realize that not everyone has a problem with alcohol, but I would expect an article of this nature to be in a much different publication than my beloved *VT*! I cannot for the life of me figure out where beer fits in a healthy, spiritual, vegetarian lifestyle.

DAWN LEWIS | PHOENIX

RAW MANIA

Thank you for the "Grow Your Own Sprouts" article (March, p. 38). I am a vegetarian, and I started eating raw this year. I would love to see more articles on the raw food lifestyle. I can't believe how many people are going raw—I've found three other co-workers already. Thanks for a great magazine!

LAURA HUGEL | ALAMEDA, CALIF.

SURPRISE RISE

Thank you so much for the incredible Ivory Lentil Pancakes recipe from the March issue ("South Indian Supper," p. 54). I was skeptical when I prepared the batter—what a surprise when it puffed up into a delicious pancake! It is very uncommon for my husband and I to like the same food, but this recipe managed to do just that, and our baby has been eating the pancakes for lunch this entire week!

NOELLE ALBANESE-LEVIN | VIA E-MAIL.

GUILT-FREE DAIRY?

As a *VT* subscriber for many years, I was quite disappointed when I opened the March issue looking for the "Guilt-Free Pizza, Enchiladas, Mac 'n' Cheese" article from the cover ["Light & Cheesy," p. 42]. To me, guilt-free means vegan, with no animal products, but all of these recipes included dairy. It would have been better to call them low-fat on the cover, because they aren't guilt-free.

JODY HAMILTON-DAVIS | RALEIGH, N.C.

FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Fresh Asparagus Soup with Parmesan Crisps, p. 62
2. Mexican Mind Meld, p. 47
3. Ice Cream Strawberry Strata, p. 57
4. Confetti Slaw, p. 55
5. Chorizo and Potatoes Tinga, p. 74

Send your letters to: editor@vegetariantimes.com



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- Sea salt and pepper to taste
- Optional: 2 tbsp sesame seeds

Procedure

In a food processor blend all ingredients until smooth (except for hemp seeds, which can be addeed at the end for extra texture). Makes 2 ½ cups.

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SHARE: Reader Recipe

Spring Salad

SERVES 8 | GLUTEN FREE

Catherine Krause, a science teacher in New Jersey, eats salads almost every day. "I try different combinations of grains, veggies, fruits, and sometimes cheese. The other teachers are always curious what kind of salad I have that day," Krause says.

Here's one of her favorite springtime creations.

- 1 cup uncooked brown rice
- 2 cups fresh parsley, chopped
- 1 celery stalk, chopped
- 4 radishes, sliced into matchsticks
- ¼ cup dried cranberries
- 2 Tbs. chopped red onion
- 1 clove garlic, minced (1 tsp.)
- 2 Tbs. olive oil
- ½ lemon, juiced and zest grated
- ¼ tsp. salt
- 2 Tbs. pecans (plain or candied)
- 2 Tbs. crumbled feta cheese

1. Cook rice according to package directions. Let cool. Combine rice, parsley, celery, radishes, cranberries, onion, and garlic in medium bowl.
2. Combine oil, lemon juice, salt, and pepper to taste, if desired. Stir well. Add dressing to salad mixture, and top with lemon zest, pecans, and feta. Toss lightly and serve.

PER ½-CUP SERVING: 155 CAL; 3 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 23 G CARB; 2 MG CHOL; 116 MG SOD; 2 G FIBER; 3 G SUGARS

MARDI GRAS PARTY

After reading the February issue, a few friends and I schemed to have a Fat Tuesday celebration using the recipes from your collection ("Fat Tuesday Feast," p. 58). It was a work night for all of us, but we came in our beads and masks, and shared a delicious meal. It was a delectable and a delightful way to celebrate. Thank you, *VT*, for bringing us together!

EMILY CRANWELL | EASTON, MD.

MORE FOOD FOR THOUGHT

I have been a subscriber for about 15 years, and have always enjoyed your magazine, especially the recipes. I wanted to voice my concern, however, as I have noticed the increasing number of vegan recipes over the past several months.

While I enjoy the occasional vegan meal, I feel strongly that as your name states, the magazine should primarily focus on vegetarian recipes. In the April issue, even with a focus on eggs, there were only about 10 vegetarian recipes, and most of those were gluten free, desserts, or side dishes.

I have a vegetarian family of four, including two small children. In the past six months it seems it has been difficult to find a traditional vegetarian recipe in *VT*. Where have the vegetarian entrées gone?

Please don't forget about subscribers who came to this magazine because it is called *Vegetarian Times*.

SUSAN FLEMING | VIA E-MAIL

For the record: On our April issue's Contributors page (p. 8), the photos accompanying Laraine Perri's and Nancy Krcek Allen's profiles were inadvertently switched. *VT* apologizes for the error.

tell *vt*

We're in the mood to laugh. What's your favorite vegetarian joke?

A couple sit down in a diner. The husband orders a burger, his wife orders a veggie burger.

The waitress yells to the cook, "Two burgers, one regular and one de-calf." —MARIE

Why does vegan cheese taste so bad?

Because it isn't tested on mice. —ISABELLE

Why did the tofu cross the road?

To prove he wasn't chicken. —MONICA

A man walks into the doctor's office with carrots in his nose and broccoli coming out of each ear, and says: "Hey doc, I still think I'm not eating right." —ELIOT

What do you call a vegetarian who goes back to eating meat?

Someone who lost their veg-inity! —NICOLE

If vegetarians eat vegetables, what do humanitarians eat? —HILLE

Did you know vegetarians are going to solve the energy crisis?

They produce enough gas to eliminate our dependence on fossil fuels forever. —SUSANNAH

How many vegans does it take to change a lightbulb?

Two: one to change it, and one to check for animal ingredients. —NICOLE

next question:

What's your favorite thirst quencher on a hot summer day?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.


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THIS JUST IN

EDITED BY Amy Spitalnick ILLUSTRATIONS Aleks Sennwald

Need-to-know info about your health, diet, mind, body, and the world you live in



art in bloom

These days, it's all too easy to lose touch with the natural world. Fortunately, as the centuries-old Japanese art form known as ikebana attests, you can strengthen your relationship with nature in your very own home. Since the 15th century, practitioners of ikebana have used flowers, as well as branches, buds, moss, and leaves, not only to create beauty, but also to inspire a deeper connection with nature. Harmony is a reigning theme in ikebana; arrangements are at once asymmetrical and balanced, evoking both energy and a sense of calm. It may be no surprise that practicing ikebana can reward you with the kind of clarity and peace of mind you might expect from a meditation session.

Of the more than 2,000 registered schools of ikebana, just a handful are taught outside Japan, including Ikenobo, the original classical school, and Ohara and Sogetsu, both modern schools. Sogetsu tends to value individual expression and experimentation over traditional rules.

To lay the groundwork for good technique, consider signing up for formal instruction, suggests Jane Redmon, president of the Washington, D.C., chapter of Ikebana International (ikebanahq.org). Arboretums may host classes, and local Ikebana International chapters can provide lists of teachers and events nearby. Just don't expect to learn everything all at once. "It's a lifelong learning experience," Redmon notes. "I've been studying ikebana for over 30 years, and I'm still learning."

—EMILY HORTON

ECO-SHOPPING TIP Conventionally grown flowers are usually produced with pesticides that harm both workers and the environment. Look for organic or sustainably grown flowers instead. You can find local growers at farmers' markets or at organicbouquet.com and californiaorganicflowers.com. —E.H.


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2009 reader recipe contest

Got a faux turkey recipe that the family gobbles up on Thanksgiving? How about veg stuffing that disappears as soon as it hits the holiday table? Maybe it's a vegan pumpkin pie that earns praise way into spring. If so, how about sharing it with your fellow VT readers by entering this year's recipe contest?

Simply send in an original vegetarian or vegan holiday recipe that calls for one or more of the sponsored products in the list below by June 9, 2009. If your celebration creation is chosen by our judges, you could win one of three cash prizes and see your masterpiece featured on the pages of the November/December issue of the magazine.

Submit your favorite holiday recipes at

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COURTESY PHIL CAVALI/KONICA MINOLTA

[Q&A] DRIVEN

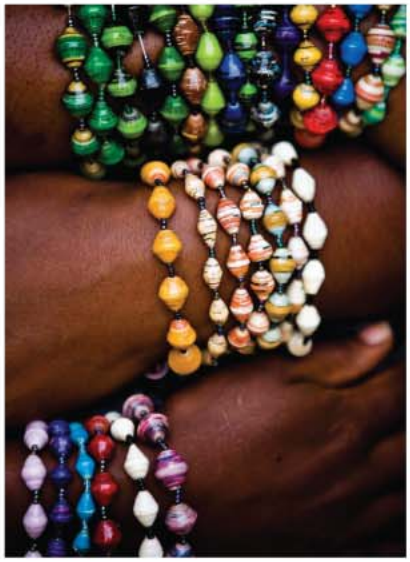
Leilani Münter is fast and focused, whether she's racing a car or advocating for the environment on Capitol Hill. Given the amount of fuel that race cars burn, some consider her two passions irreconcilable. But if her collaboration with green companies becomes a reality—an eco dream team sponsoring her behind the wheel of an eco dream car—word will go out to the sport's millions of fans.

Q: What do you say to those who call you a hypocrite?
A: If I wasn't racing, I wouldn't have a voice to speak to all the people involved in it. I'm trying to start a dialogue with them and hopefully educate as well as offer easy ways for them to make a difference. [Check out Münter's eco Web site, carbonfreegirl.com.]

Q: Is it possible to run race cars on alternative fuel?
A: Yes. In fact, Indy cars have been running on 100 percent biofuel since 2007. There are also electric drag cars, and NASCAR is currently working on switching to ethanol.

Q: You've been vegetarian since age 6. How did that happen?
A: It was my mom's idea. One day she came home and announced that the whole house was going veg. It was fine with me, because when I realized hamburgers came from cows, I was horrified.

—GABRIELLE HARRADINE



COURTESY BEADFORLIFE

Bead the World

In honor of Mother's Day, *VT* salutes Torkin Wakefield and daughter Devin Hibbard for teaming up to found BeadforLife (beadforlife.org). The poverty-busting nonprofit hosts BeadParties worldwide, where jewelry created out of recycled paper by women in Uganda is available for sale. "During a BeadParty, our goal is not only to sell beads, but also to educate and engage people on issues of extreme poverty," says Hibbard, who's veg. "Research shows that empowering women and putting money in their hands is the absolutely best way to create benefit for the entire family, and even the development of the nation as a whole."

NATURAL Rx

PROBLEM: Jet lag

SOLUTION: Pine bark extract

THE SCOOP: It's tough adjusting to a new time zone, but research suggests you don't have to suffer through it unaided. Taken from the French maritime tree (*Pinus maritima*), pine bark extract, known by the trademark Pycnogenol, has been shown to reduce jet lag by nearly 50 percent, according to a study in the journal *Minerva Cardioangiologica*. Pycnogenol evidently improves circulation and decreases swelling, which eases symptoms such as fatigue, headache, and insomnia. Starting two days before your flight, take three tablets daily with breakfast for a total of seven days.

WHAT TO LOOK FOR: Tablets containing 50 to 60 milligrams of Pycnogenol.

TRY: NOW Foods Pycnogenol 60 mg Vegetarian, $43.99/50 Vcaps (nowfoods.com); Nature's Way Pycnogenol 50 mg, $26.49/30 tablets (naturesway.com)

—MEGAN MATTES



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Want to give more of yourself to a cause but don't know where to start? Check out charityguide.org to find volunteer opportunities by category and time commitment: Is your cause of choice animal welfare, but you only have a few free hours? Sign up to walk dogs at an animal shelter. Ready to book a volunteer vacation? Help out at an elephant sanctuary in Thailand. Other causes include children's issues, community development, and environmental protection.

—JOLIA SIDONA ALLEN

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It all began with three friends, a few boxes of oranges, and a simple vision: make great juice, do good things for the community, and build a business with a heart. Today, more than 25 years later, we're still doing just that – with juices, smoothies, and bars that mix nutritious with delicious.

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We begin with the understanding that **great fruit makes great juice**. That's why we use the finest, freshest, juiciest fruit we can find. We then take great care to clean the fruit, extract the juice, and take the extra step of flash pasteurization to ensure safety and preserve great taste and vital nutrients. From there, we speed the product to you in refrigerated trucks to ensure that **every sip is full of the fresh, living flavor** that is essential to the Odwalla promise.

Nurturing the Earth

Odwalla is committed to **keeping the planet as healthy as we want to keep you**. So all of our packaging is 100% recyclable. We fully utilize 99% of the citrus and other materials that come into our plant in order to reduce waste. We purchase green energy units. And we proudly support organic farming and land conservation. Find out more at www.Odwalla.com.

The Artful Mix of Taste and Nutrition

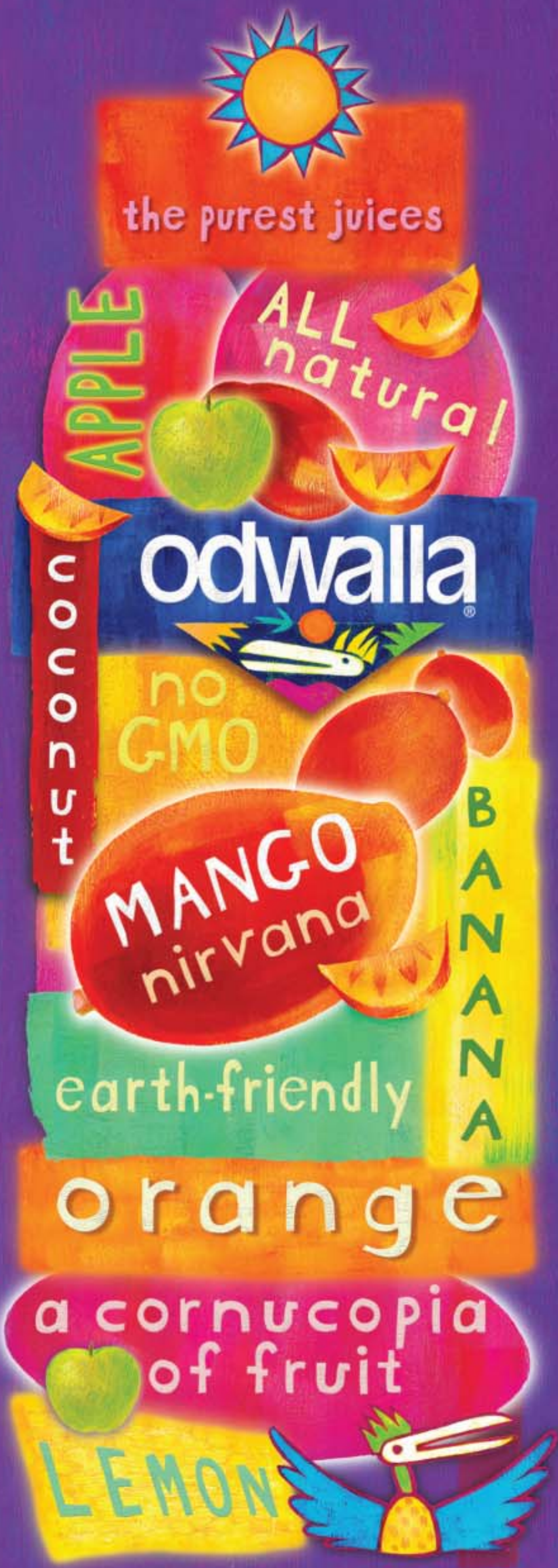
At Odwalla, we artfully blend the best ingredients nature has to offer with the latest learning in nutrition. The result is **products that tantalize your taste buds and nourish your mind, body, and soul**. Discover the luscious goodness of Odwalla – where you can treat yourself and still feel good about it!

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nourishing the body whole®



Explore Odwalla's wonderful world of flavor and nutrition. Naturally, you'll find us in the produce section.

ask a chef

For years, Hollis Church was living the rock-and-roll lifestyle—her company, Dega Catering, provided road food for musicians, from Duran Duran to the Grateful Dead. Now retired from touring, she's opened the Glowing Bowl Café, in Knoxville, Tenn., collaborating with chef Mollie Moran to create a vegetarian menu that is mostly raw, and wholly energizing. We asked the duo, "What five ingredients are essential for a raw foods pantry?" Here's their list.

1. Almonds Use these yummy nuts to whip up an alternative to milk or create pastry-like raw cakes. Or add them to a dish to boost flavor and bulk—as well as protein, vitamins, and essential fatty acids.

2. Avocados Sneak these into dishes to increase satisfaction. (They're a secret ingredient in the Glowing Bowl Café's sandwiches, sauces, soups, and dressings.)

3. Dates The sweetener of choice for raw foodies, dates add fiber too. "I throw a handful into the Vita-Mix [blender] to add sweetness, texture, and body to sauces, soups, and dressings," says Moran.

4. Nama shoyu This raw, unpasteurized form of soy sauce is rich in enzymes and probiotics. Add it to any dish where a salty and slightly fruity flavor is desired.

5. Young coconut water Substitute it for water in any recipe and you'll benefit from added antioxidants, electrolytes, minerals, and amino acids.

—HILLARI DOWDLE



Hollis Church (left) and Mollie Moran of the Glowing Bowl Café, in Knoxville, Tenn.

COURTESY GLOWING BOWL CAFÉ

[EDITORS' PICKS]
SHOE-INS

With the approach of summer you may feel an even greater urge to step lightly on the Earth. Crafted cruelty-free from organic, recycled, and sustainable materials, these in-season picks are as easy on the conscience as they are on active, on-the-go feet.



Adidas Rainbeau Sandals, from yoga maven Rainbeau Mars's signature line, are so pretty and comfy, you won't want to take them off after yoga class, or ever!
—Jolia Sidona Allen, Associate/Web Editor
$70 (phantom/root); shopadidas.com



You're on secure footing wearing Birki's Freeports, with their anatomically molded footbeds. And think of the small holes in the straps as carbon-free air-conditioning.
—Amy Spitalnick, Associate Editor
$84 (pink patent); birki.us



Ed Hardy Organic Hendrix are by far the most comfortable shoes I've ever worn. And they make me look like a rock star, which is always a plus!
—Hille Peeters, Editorial Intern
$73; donedhardyshoes.com



I could walk around New York City in J-41 Dunes for an entire week in July and my feet would still feel good. The footbed is cushiony and quick-drying, which keeps my feet smelling sweet.
—Elizabeth Turner, Editor in Chief
$89.95 (brown/lavender); j-41.com



Simple Shoes Organic Cotton Undertoe, with their bit of a wedge and flirty eyelets, are completely versatile, going easily from casual to dressy.
—Gabrielle Harradine, Market Editor
$75 (black); simpleshoes.com

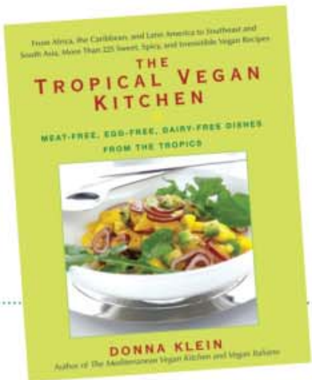
$141 billion

The annual cost of treating digestive diseases in the United States.

[Source: *Gastroenterology*]

gift of healing

When someone you love is recovering in the hospital, consider the gift of a flowering plant. A study in *HortTechnology* found that following appendectomy surgery, patients sharing rooms with plants had less pain, anxiety, and fatigue, as well as lower heart rate and blood pressure, than patients in rooms without plants. The plants in the study, including golden pothos, peace lily, and yellow star jasmine, were selected for their low maintenance and visual appeal.



TASTE OF THE TROPICS

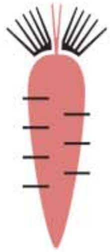
Conjure visions of colorful, exotic plants, and you're close to imagining the appeal of Donna Klein's enticing new cookbook, *The Tropical Vegan Kitchen*. It's packed with 225 recipes serving up a wide range of flavors from tropical regions around the world, including Africa, Central America, and Southeast Asia.

Bonuses include preparation tips and a glossary to learn about all the varieties of tropical fruits and veggies. Bored with breakfast? Try the Costa Rican Beans and Rice for a hearty and flavorful way to start the day. $18.95; penguin.com

—G.H.

carrot & stick

Who walks the walk, who's nothing but talk



CARROT TO

Adam Raudonis, a junior at Westlake High School in Southern California, for spearheading the green group Students for Solar Schools. Launched in November as an effort to lower Westlake's carbon footprint by installing energy-saving solar panels, SSS has quickly turned into an international movement: Raudonis has received e-mails from kids as far away as Australia and Puerto Rico who are looking to green their schools. Meanwhile, three more U.S. chapters have petitioned their school administrations to support solar panel installation.

Earlier this year, Raudonis created an SSS Web site (studentsforsolarschools.org) and began negotiating with a local solar company to get the panels up at Westlake High School by this summer. If that's heavy lifting for a 17-year-old—who's been recognized as a Climate Champion by the British Council and the California Air Resources Board in 2008—Raudonis doesn't show it. "I feel it's my role and my peers' role to do this," he says. "Climate change is our problem too, and it's going to be up to us to solve it."



STICK TO

Ag-Mart Produce, grower and producer of Santa Sweets grape tomatoes and UglyRipe heirloom tomatoes, for flagrant pesticide violations on its farms in Florida, North Carolina, and New Jersey.

The North Carolina Pesticide Board levied a fine against Ag-Mart in March; Florida's Department of Agriculture fined it in 2005. Ag-Mart, which supplies supermarket and box store chains including Safeway and Costco, has flouted regulations by, for example, harvesting crops within days after treatment with pesticides—in violation of mandatory waiting periods ensuring that consumers aren't exposed to harmful residues.

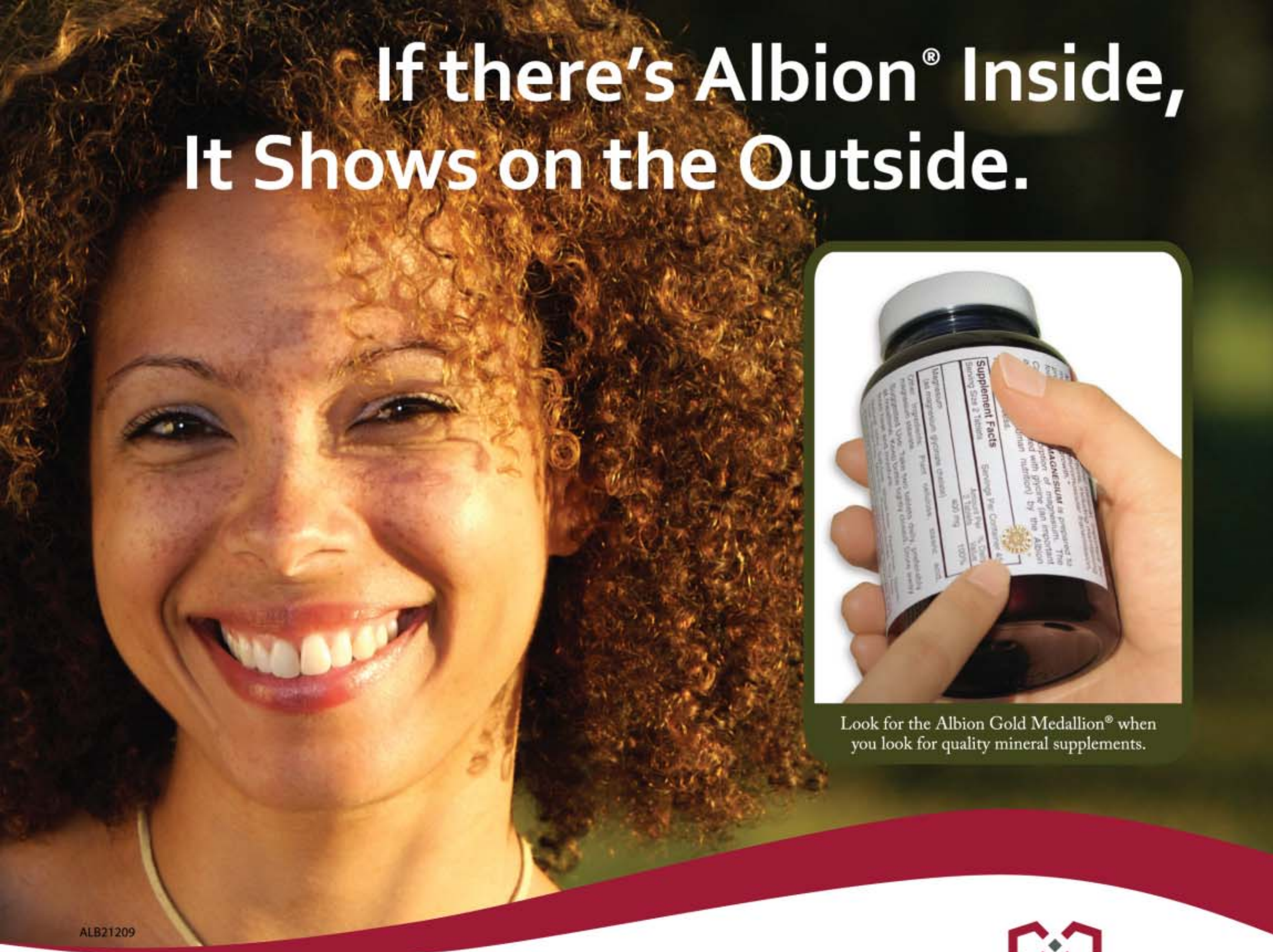
In January, the New Jersey Department of Environmental Protection slapped an unprecedented $931,250 fine on the company. Abuses date back to 2005 and include sabotaging inspections and losing track of 2.5 gallons of Monitor, a toxic insecticide. Calling out Ag-Mart for its "stunning disregard" of workers, consumers, and the environment, NJDEP Acting Commissioner Mark N. Mauriello said, "We have imposed a record-high penalty not only to hold Ag-Mart accountable for their failure, but to make sure it doesn't happen again."

—RACHEL DOWD



Energy Independence Day

What better day to celebrate the power of the sun than when it sticks around the longest: the summer solstice (aka the first day of summer)? This year, June 21 marks the launch of Solar Day, an annual salute to solar energy in the United States. For more information, and to locate local installers who can fill you in on tax credits and other benefits of solar power, stop by solarday.com.



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Minerals are as vital to good health as vitamins and supplemental minerals are not all created equal. To find more information about the function of minerals in your diet and why ***Albion's chelated minerals*** are the best choice, please go to our website www.AlbionMinerals.com/chelates. When purchasing mineral supplements insist on the best, insist on Albion chelated minerals.

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OPTIMAL NUTRIENTS · Carlson · SOLGAR® Since 1947 VITAMIN AND HERB · designs for health® Science first. · In Canada: trophic® Defending Your Health Since 1967™

4 TODAY® · Life Zone® · SWANSON® Health Products · Bluebonnet® · In Europe: OLIMP® SPORT NUTRITION

Circle reply #22 on Info Center card

BY Gabrielle Harradine

PRIMP YOUR SINK





5. PASS THE BAR
For over 300 years, Savon du Monde Chef's Soap has been employed in French households for many uses, including as a powerful stain remover. $7.99/14 oz.; bonsavon.com

6. BUBBLY BEAUTY GOOD GUY!
This recycled glass soap dish is the perfect accent to a well-equipped sink. Natural Spaces sells only products made from recycled or natural and sustainable materials. $16.50; naturalspaces.com

Make cleaning fun with delicious scents and colorful accessories

1. VEGGIES UNITE
Think big with BlueQ's 20- x 28-inch dish towel, featuring two leafy "vegetarians" silk-screened with eco inks. $9.99; blueq.com

2. SMOOTH OPERATOR
Stacks and Stacks Adhesive Stainless Steel V towel Grabber ensures towels are hanging around when you need them. $7.99/set of 2; stacksandstacks.com

3. SWEET SCENT-SATION
Ecover Dishwashing Liquid in Grapefruit & Green Tea works wonders on greasy dishes and fits perfectly in the palm of your hand. $3.14/16 oz.; ecover.com

4. CREAMY SOFT
Method Olive Leaf Natural Hand Wash is the total package: it feels, smells, and looks great! $5; methodhome.com



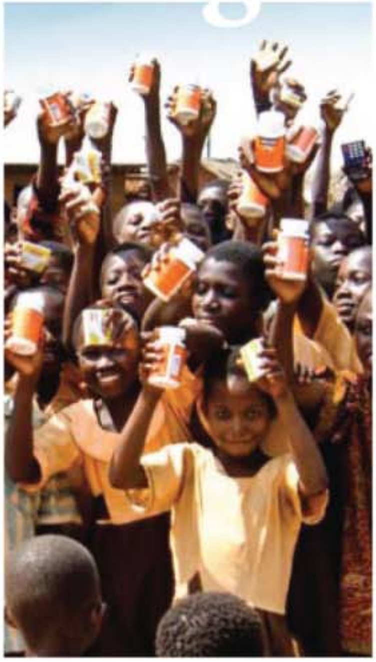
7. CHERRY IN CHERRY
Gloveables Cherry-Trim Cleaning Gloves brighten the day, while keeping you from developing dishpan hands. $15.95; surlatable.com

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

Sharing the Orange Secret!









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Over the past year, NOW has opened its doors to both retailers and consumers alike, in order to provide a better look at who we are and what our company stands for. At the end of the day, our passion revolves around doing what many consider to be impossible; bridging the gap between high quality products and sensible prices. Ultimately, we believe that this allows you to pursue great health without compromise. In doing so, we never lose sight of these characteristics that define NOW.

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Green cleaning products have never been so good, so go ahead, make your home sparkle.



8. SQUEEZE OF CITRUS
Fresh and bold, Biokleen's Automatic Dish Gel with grapefruit seed extract cuts through leftover food and produces a chemical-free clean. $12.63/64 oz.; biokleenhome.com

9. PINK POWER
Minimally packaged in a bag rather than a clunky box or bottle, Method Smarty Dish tabs are a smarter choice than ever. $6.50; methodhome.com

10. CLEARLY BETTER
Wave Jet Rinse Aid by Earth Friendly Products is a winner for your glassware and the environment. $4.99/8 oz.; ecos.com

GOOD GUY!

11. THE EVERYTHING CLEANER
Dr. Bronner's all-purpose Sal Suds is now certified fair trade and supports Fair Shake, an organization that works to rehabilitate prisoners. $7.39/16 oz.; drbronner.com

12. SILVER LINING
Biobag is the perfect liner for your compost container, because it's compostable too. $5.50; planetnatural.com

13. WHITER SHADE OF PAIL
A must-have for the composting cook. The Kitchen Compost Crock holds and hides food scraps, and has a charcoal filter on the lid, so you won't smell a thing. $24.50; planetnatural.com

14. MIX IT UP
Start with just a few of your own basic kitchen ingredients, and the Eco-Me Home Kit lets you create an all-purpose cleaner, a wood polish, and a scrub cleanser. Fun for the whole family. $26; eco-me.com

15. IN-HOME ORCHARD
Make your counters shine and smell sweet with Mountain Green All Purpose Cleaner in Fresh Green Apple. $5.25/32 oz.; mountaingreen.biz



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BY Elizabeth Barker



GOOD ENOUGH TO EAT

Products that feed your skin with fresh-picked veggies, fruits, and herbs

Taking a culinary approach to creating skin care products, a number of homegrown companies are serving up food-based goods so fresh, many must be stored in your fridge to preserve their precious nutrients. "That nice shot of coolness adds another element of luxury to your beauty routine," notes Yolanda Owens, founder of Atlanta-based iwi fresh. Meet Owens and a couple of other natural-products pioneers who are bringing beauty straight from their kitchens to yours.

PHOTOGRAPHY & STYLING Jen Gotch

PURE GOODNESS

Over a decade ago, fed up with products saturated with synthetic chemicals, Shannon Schroter began producing serums and salves from the plants he'd long been using to create herbal tinctures. Today, Berkeley, Calif.–based **Grateful Body,** which Schroter runs with his wife, Mary Cuneo, handcrafts nearly 30 different skin care treats from select batches of organic, unrefined plant oils and food-grade botanicals. "Our passion is creating authentic nourishment for the complexion," says Cuneo. "We call it 'slow food' for the skin."

Try: Hydrating Cleanse, an herb-infused facial wash; $24.95/4 oz.; gratefulbody.com

Each day, The Body Deli chefs whip up goods packed with raw ingredients sourced largely from local and organic farms.

BEAUTY FOR FOODIES

Every batch of **iwi fresh** beauty products begins with a trip to the farmers' market, where Yolanda Owens selects the fruits and veggies she'll use in her gastronomically inspired goods. Owens recruits family and friends to gauge the efficacy as well as the epicurean appeal of her creations—all of which she still blends by hand. "I'd never want to just flip a switch and have a machine do all the work," she says. "My goal is to always keep that hands-on feel in our kitchen."

Try: 14 Carrot Glow, a wonderfully creamy facial moisturizer; $32/2 oz.; iiwiifresh.com

RAW ATTRACTION

For David Parker, switching to a raw-food diet sparked an urge to nourish his entire body with wholesome ingredients—an urge that led Parker to cofound Palm Desert, Calif.–based **The Body Deli.** Each day, The Body Deli chefs whip up goods packed with raw ingredients sourced largely from local and organic farms. "Most skin care products are like canned food," says Parker, "but with us it's like going to a juice bar for something fresh."

Try: Blueberry Fusion Scrub, a smoothie-like facial exfoliator; $36/2 oz.; thebodydeli.com

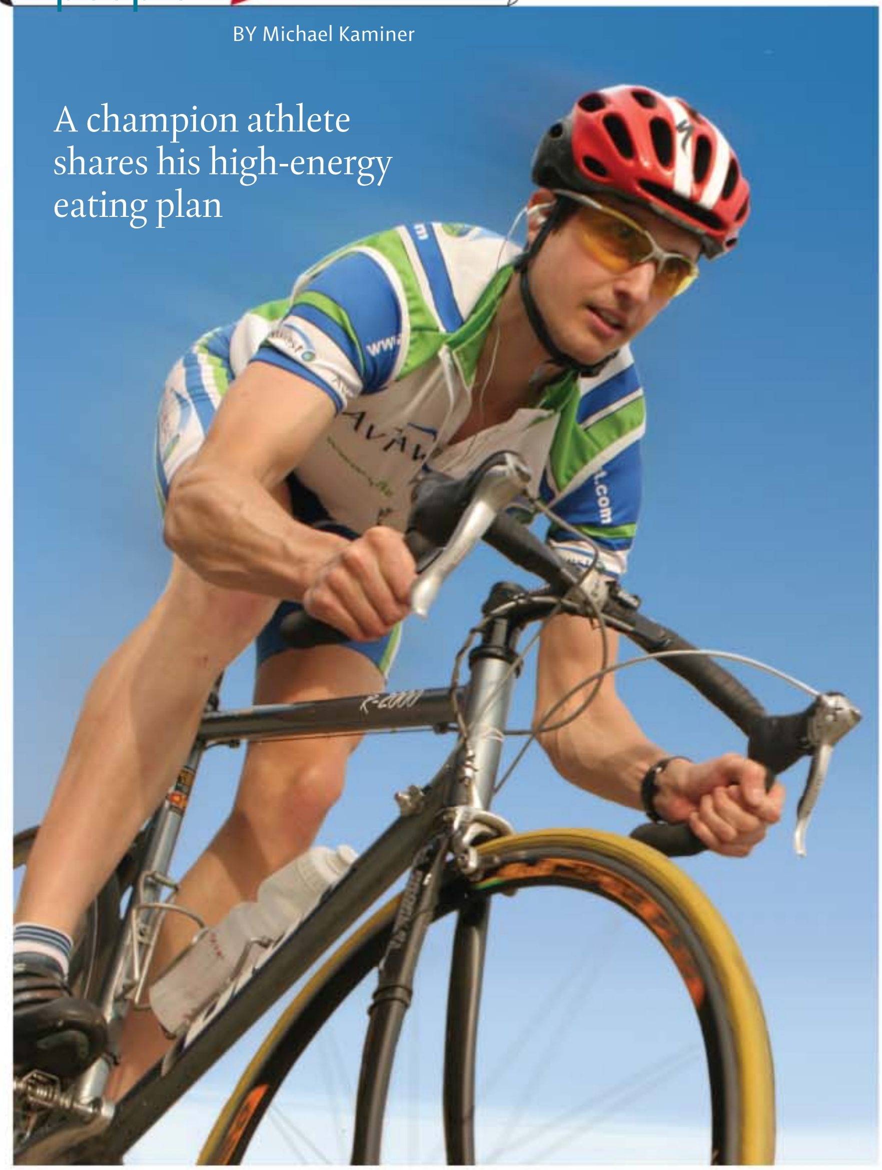
SIMPLY TASTY

An all-natural update on those old-school sugary-sweet Lip Smackers, the new **Pure & Simple** line from **Eco Lips** offers coconut, grape, and kiwi-strawberry [shown] balms made with 100 percent edible ingredients. $1.99; ecolips.com

Los Angeles–based freelance writer Elizabeth Barker uses manuka honey in both her morning tea and her nighttime bath.

BY Michael Kaminer

A champion athlete shares his high-energy eating plan



one-on-one with Brendan Brazier

He may be taking a break from competing in Ironman triathlons and ultramarathons, but high-performance athlete Brendan Brazier still seems to move faster than anyone else. Author of the best-selling *Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life,* Brazier, 34, parlayed a homemade sports-drink recipe into Vega, a line of health-food products. These days the Canadian native lives mostly out of a suitcase, spreading the word about the critical links between nutrition, wellness, and athletic performance.

Q As a high-school athlete, you created your own performance-enhancing drinks. How did you come up with your formulas?

A My dream was to race professionally in an Ironman triathlon. I learned that recovery is a huge factor in performance, and that 80 percent of recovery has to do with nutrition. I started a plant-based diet with that in mind. Based on my research, I concocted my own mix for blender drinks, with ingredients like hemp protein, rice protein, flaxseeds, chlorella, and maca.

Q How would you describe the ideal high-performance diet?

A You want to gain energy through [calorie] conservation as opposed to consumption. Refined foods take a lot of energy to digest; raw, plant-based, whole foods give you a higher net gain. That's an important way to look at food: it's not just about the calories on the label, but also about the energy you get once the food is assimilated. Choose foods that are high in nutrients—hemp seeds, flax, algae, seaweed, fruit, spinach, kale, and leafy greens are all excellent. Try to buy local if possible, and from a farmers' market if you can.

Q What about changing your eating habits for greater energy?

A You need to start slow and ease into it, like training. A good way to begin is to have a smoothie in the morning, because it tastes good. You can mix in hemp, flaxseed, and a green component, like chlorella. If you have an intestinal reaction, which a lot of people do, go with smaller amounts and increase gradually. You'll eventually build these small changes into a healthful, whole-food, plant-based diet.

COURTESY SEQUEL NATURALS/VEGA

To read about a *VT* editor's experience making—and tasting—a recipe from *Thrive,* go to vegetariantimes.com/thrive.

Q Could you offer training tips for someone just starting to prepare for a race?

A Don't do too much too soon. That's the No. 1 problem, and it's what I did when I started. You shouldn't increase your mileage any more than 10 percent each week. And stay true to your personality type: You might run because you need alone time. Or you may need to make it a social activity and join a triathlon training group, which can be terrific.

Q You've testified about health and nutrition twice before the U.S. Congress. What points did you make?

A People don't eat as much plant-based, healthful food as junk food because it's not as convenient. So we have to make it easier to eat healthy. Meat and dairy are highly subsidized. A hamburger could cost $35 to produce, but costs only $1.50 at a fast-food restaurant because of farm subsidies. I've been advocating for a system where meat would cost more and local organic fruit and vegetable growers could get subsidies to bring their prices down.

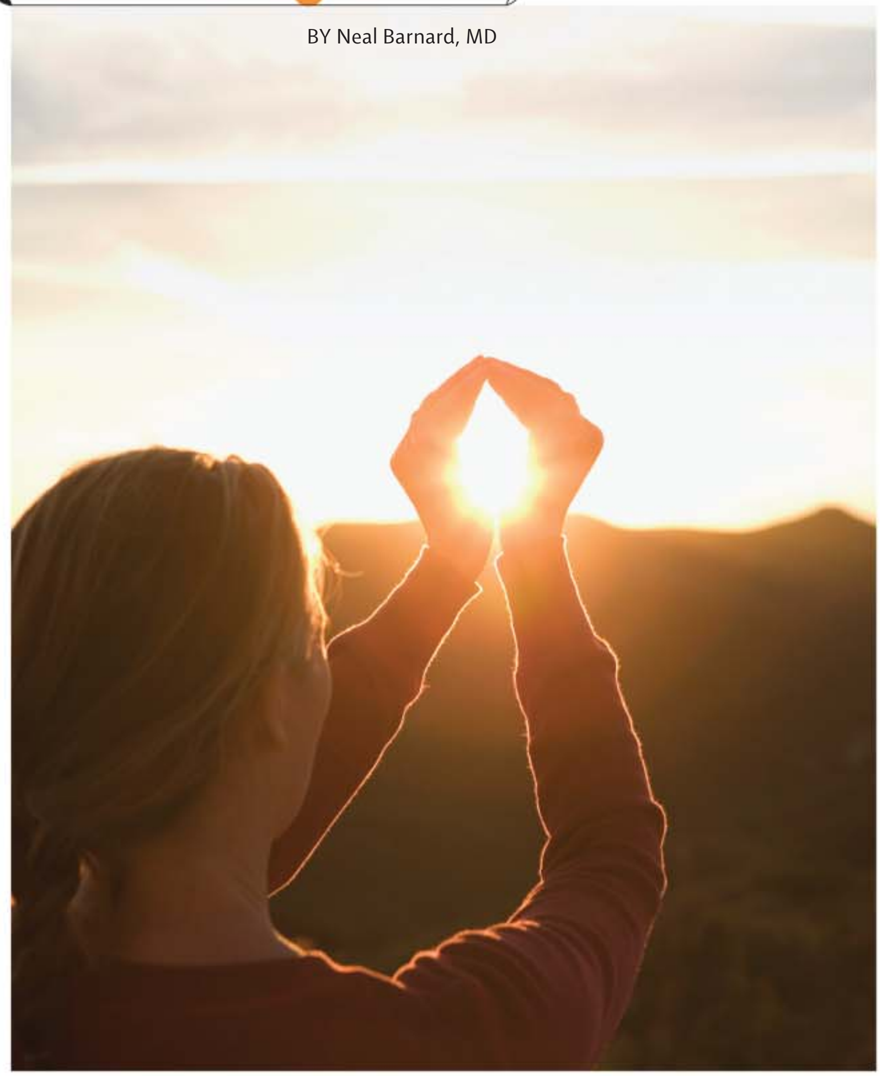
Q On a recent speaking tour with the Canadian campus group Students for Sustainability, you discussed diet and the environment. What was your message?

A Simply put, raising cows takes more energy, depletes more fossil fuels, and produces more carbon dioxide.

Consider that 70 percent of [grain] grown in North America is consumed by animals, not by humans, and it takes 16 pounds of grain to net 1 pound of meat. That's a huge energy loss and an inefficient use of land. Also, because fields are overfarmed, the soil in which we grow our food is nutrient-poor. Organic farmers know this, of course.

The bottom line is that if we eliminated eating meat, we could use more land to grow nutrient-rich food for people.

BY Neal Barnard, MD



vitamin D

Sun, supplement, or food? What's the best source?

Q: I hear people say getting enough vitamin D is important, but what does it actually do?

A: For starters, vitamin D maintains strong bones. That is, it helps your body absorb calcium from the foods you eat. It also keeps your kidneys from losing too much calcium in the urine. From moment to moment, your body monitors how much calcium is in your blood, and if the level gets too high or too low, your body adjusts it using vitamin D.

Having plenty of vitamin D in your bloodstream today can mean fewer bone breaks tomorrow. As part of Harvard's Nurses' Health Study that followed 72,337 postmenopausal women over 18 years, those who had the highest vitamin D intake had 37 percent fewer hip fractures, compared with those getting less vitamin D.

Vitamin D may also help prevent cancer. A few years ago, researchers from the University of California, San Diego examined lung cancer incidence rates from 111 countries and found an astounding pattern. Although lung cancer is mainly caused by smoking, it turns out that the closer you are to the equator, the less likely you are to develop it. So if you live in equatorial East Africa, your risk is just a fraction of that of a person living in Canada, all other things being equal. Scientists believe that vitamin D from the sun helps the cells of the body maintain their "maturity." That is, it keeps lung cells functioning like normal cells, rather than turning into the oddly shaped, proliferating cells that are the hallmark of cancer.

And it's not just lung cancer. In 2007, the American Institute for Cancer Research reported that people with more vitamin D in their blood have less risk for colorectal cancer. The same may be true for prostate cancer, breast cancer, and other forms.

Q: How should I be getting my vitamin D?

A: The most natural source is the sun. Getting about 15 minutes of direct sun on your face and arms each day produces a healthful dose of vitamin D. Your body can store the vitamin too. So if you can't get sunlight every day, you can draw on your reserves.

Needless to say, many people are indoors much of the day or live at latitudes where sunlight is limited. And cloudy skies, sunscreens, darker skin, and window glass filter out the ultravio-

JUPITER IMAGES

Many health authorities now recommend very high vitamin D intakes, up to 2,000 IU per day—to take advantage of the vitamin's cancer-fighting properties.

let (UVB) rays that produce vitamin D. So, in the absence of regular sun exposure, the answer is a supplement. Any common multivitamin will do. The recommended dietary allowance (RDA) for adults up to age 50 is 200 international units (IU). If you're between 51 and 70, the RDA is 400 IU per day. If you're over 70, it's 600 IU per day.

Here is how supplements compare to sunlight: taking 200 IU of vitamin D daily produces about the same amount of vitamin D as modest daily sun exposure, and 10,000 IU daily equals the amount produced by a sunburn.

Most foods have little or no vitamin D. Among the exceptions are certain fish species (salmon, sardines, herring) and mushrooms (shiitakes and chanterelles). Four dried shiitakes provide about 250 IU of vitamin D. Fortified milks (including fortified soymilk) usually contain about 100 IU per cup.

That said, many health authorities—me included—now recommend very high vitamin D intakes, up to 2,000 IU per day—in order to take advantage of the vitamin's cancer-fighting properties. No food gets you anywhere near that level. To get there, you'll need to take a vitamin D supplement.

Q: Are vitamin D supplements vegetarian?

A: Many of them are. Check the label on the bottle to be sure. Vitamin D_2 (ergocalciferol) is plant-derived, while vitamin D_3, or cholecalciferol, typically comes from lanolin in sheep's wool. Although older studies suggested the D_3 form was more potent than D_2, newer studies show the two to be equally effective. One common supplement brand, VegLife, provides plant-derived vitamin D at doses up to 2,000 IU, the maximal safe level per day (set by the U.S. government) for adults.

Bottom line: the human body is designed for a bit of sunlight every day; that's the natural vitamin D source. If that's not possible, supplements are a perfectly adequate substitute.

Neal Barnard, MD, lives in Washington, D.C., and gets a bit of sun every day.

BY Matthew Solan

ginger



The root that lends its flavor to everything from ginger ale to exotic curries is one of the world's oldest medicines

PHOTOGRAPHY Mike Lorrig
PROP STYLING Andrea Kraus

If you thought the ginger ale your mom packed for car rides was just a folk remedy, consider this: In a 2003 study published in the *American Journal of Physiology—Gastrointestinal and Liver Physiology*, volunteers with a history of motion sickness took 1,000 and 2,000 milligrams of ginger before undergoing simulated rotation. Ginger not only reduced nausea episodes, but also quickened recovery time. Ginger was more effective than Dramamine, a popular motion sickness medicine, in a similar study published in 1982.

Turns out, the spice that gives ginger ale its tasty kick is also one of the world's oldest medicines. Ancient Chinese, Indian, and Middle Eastern traditions and texts sing the praises of the root whose name is thought to come from the Sanskrit word *singabera*, meaning "horn shaped."

The nearly 1,400 varieties of ginger all have that pungent, spicy-hot flavor and stimulating aroma in common. Chalk that up to gingerols, the active compounds in both fresh and dried ginger that scientists believe make it such a powerful healing food.

Feeling achy or got a summer cold coming on? Try a cup of hot ginger tea to quell symptoms such as sore throat, headaches, and cramps. Steep 2 teaspoons of freshly shredded ginger in 1 cup of hot water, and drink two to three times daily, recommends Bob Linde, doctor of Oriental medicine and registered herbalist in St. Petersburg,

+ To make your own ginger ale, try the Homemade Ginger Ale recipe on vegetariantimes.com.

Fla. In addition to reducing pain-causing inflammation, gingerols have antimicrobial and antiviral properties that kill germs.

Recent studies show that ginger may cure more than sniffles and tummy aches. Ginger reduces pain in people who suffer from osteoarthritis (OA), according to a study published in the journal *Osteoarthritis and Cartilage* in 2005. Over a 12-week period, 29 subjects with knee OA experienced less pain and greater mobility after taking ginger extract.

Early research hints that ginger could fight cancer too. In 2006, University of Michigan researchers learned that ground ginger, similar to what you'd find in grocery stores, can kill ovarian cancer cells. "Gingerols control inflammation, and inflammation contributes to ovarian cancer cell development," explains Jennifer Rhode, MD, a gynecologic oncology fellow at the University of Michigan Medical School and coauthor of the study.

A study published in 2008 in the *Saudi Medical Journal* indicates ginger may also benefit heart health. In this study, patients with high cholesterol who took 3 grams of ginger a day had significantly lowered cholesterol levels in just 45 days.

Getting more ginger in your diet is as easy as enjoying more Asian, Indian, and Caribbean dishes (which are traditionally seasoned with fresh ginger); opting for baked goods laced with fresh, candied, or dried ginger (gingerbread, ginger snaps, spice cake, or pumpkin pie); and starting your day with a honey-ginger combination (see recipe, below) that can be spread on toast or stirred into yogurt.

Candied Ginger Honey

MAKES 1¼ CUPS | 30 MINUTES OR FEWER

GLUTEN FREE

Store this spread, like jam, indefinitely in the fridge. Stir 1 teaspoon into ½ cup plain yogurt, spread on toast, or use in coffee or other drinks or over ice cream.

- ¾ cup finely diced candied ginger
- ½ cup honey

Stir together candied ginger and honey.

PER 1-TSP. SERVING: 16 CAL; <1 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 4 G CARB; 0 MG CHOL; <1 MG SOD; <1 G FIBER; 3 G SUGARS

Matthew Solan is a freelance health writer based in St. Petersburg, Fla.

Supplement Savvy

- **What to look for:** Some people experience mild heartburn or upset stomach with fresh ginger, in which case ginger capsules are a better option. In general, ginger intake should not exceed 4 grams in one day, including what you obtain from food. Look for brands that contain 5 percent gingerols, often labeled as 6-gingerol. And let your nose be your guide. "A good ginger supplement will tickle your nose if you sniff the bottle," says doctor of Oriental medicine and registered herbalist Bob Linde. "It should have a distinct acrid and fruity smell."
- **How to take it:** A standard daily dose of powdered ginger is 1 to 4 grams divided into two to four doses, taken with food. For motion sickness, begin treatment one to two days prior to travel and continue until you reach your destination.
- **Safety:** Studies suggest large doses (more than 10 grams a day) might lead to sleepiness or cardiac arrhythmias. Because ginger has blood-thinning properties, pregnant women should only take ginger in amounts found in food (or about 1 gram daily). Avoid ginger if you take blood-thinning medication, including aspirin, or suffer from gallstones.

BY Nancy Krcek Allen

herbal essences

Handfuls of fragrant herbs take simple summer dishes to the next level

As bouquets of fresh-picked herbs start appearing alongside piles of spring and summer produce at the farmers' market, now's the time to branch out from the classic basil-tomato, parsley-potato combos. In the following recipes, sage offers a satisfying counterpoint to a chunky tomato sauce, basil gets paired with fruit and watercress for an appetizer with a fragrant bite, a parsley-mint-oregano trio tops smoky grilled eggplant, and finely chopped rosemary brings out the mild sweetness of apples in homey oat bars. They all showcase how herbs can turn simple dishes into inventive, impressive offerings that you'll want to make over and over while the bounty lasts.



WHOLE-WHEAT SPAGHETTI WITH GOLDEN GARLIC, TOMATOES, AND SAGE, p. 43

PHOTOGRAPHY: RICHARD JUNG


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Nectarine and Basil Summer Rolls with Almond Sauce

Nectarine and Basil Summer Rolls with Almond Sauce

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

You can also make these rolls with apricots, peaches, and plums as they come into season—they all pair well with fragrant fresh basil.

- 2 Tbs. almond butter
- 1 Tbs. brown rice vinegar
- 1 tsp. maple syrup
- 1 tsp. soy sauce
- 8 8½-inch-diameter rice paper wrappers
- 12 medium basil leaves
- 2 small nectarines, cut into 12 slices
- 1 small avocado, cut into 12 long slices
- 1 cup watercress leaves

1. Whisk together almond butter, vinegar, maple syrup, soy sauce, and 1 Tbs. warm water in bowl. Season with black pepper, if desired, and set aside.
2. Place pan of warm water on work space. Lay damp dish towel beside pan. Submerge 2 rice paper wrappers, one on top of other, in water. Press together, and let soften 1 minute.
3. Remove wrappers from water, and lay on towel; blot with second towel. Fold wrapper edge over 1 inch on right side.
4. Lay 3 basil leaves on bottom of wrapper, parallel to counter edge, leaving 2 inches from left edge and 1 inch from bottom uncovered. Top with 6 nectarine slices, 3 avocado slices, and ¼ cup watercress, allowing tops of watercress to overlap folded right edge. Roll up bottom of wrapper, and tuck (unfolded) left edge over. Continue to roll until you have tight cylinder. Repeat with remaining wrappers, nectarine slices, avocado, and watercress. Cut each roll into 3 pieces. Drizzle with 1 Tbs. sauce.

PER SERVING (3 PIECES PLUS 1 TBS. SAUCE): 210 CAL; 6 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 29 G CARB; 0 MG CHOL; 144 MG SOD; 3 G FIBER; 8 G SUGARS

Grilled Eggplant with Summer Herb Relish

SERVES 4 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

This pesto-like herb relish is so good, it's worth trying on gluten-free pastas and salads as well.

HERB RELISH

- 2 cups packed fresh parsley leaves
- ½ cup packed fresh mint
- 3 green onions, chopped (¼ cup)
- 1½ Tbs. fresh oregano leaves
- 2 Tbs. capers
- 3 Tbs. pine nuts
- 1 Tbs. red wine vinegar
- 2 Tbs. olive oil

EGGPLANT

- 2 medium eggplants, sliced (1 lb.)
- 1 Tbs. olive oil

1. To make Herb Relish: Purée ingredients with 5 Tbs. water in blender until smooth. Season with salt and pepper, if desired.
2. To make Eggplant: Heat grill pan over medium heat. Brush eggplant slices with oil. Grill slices 3 minutes per side, or until tender. Spread ½ tsp. relish on each eggplant slice, and serve.

PER ½-CUP SERVING: 191 CAL; 4 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 14 G CARB; 0 MG CHOL; 295 MG SOD; 8 G FIBER; 5 G SUGARS

Apple-Rosemary Oat Bars

MAKES 12 BARS | VEGAN | 30 MINUTES OR FEWER

These bars are modern relatives of the Scottish oatcake, a crumbly, barely sweet biscuit (as they say in the British Isles) served for breakfast or with tea. Be sure to finely chop the rosemary or pulse it in a mini food processor to release the flavor and avoid having large, hard-to-chew leaves in the finished bars.

- 2 cups instant rolled oats
- ¼ cup all-purpose flour
- 1 Tbs. grated lemon zest
- ½ tsp. salt
- 5 Tbs. cashew butter, peanut butter, or almond butter
- ⅔ cup agave nectar or honey, divided
- 1 tsp. vanilla extract
- 1 large red-skinned apple, grated with skin on (1½ cups)
- 2 Tbs. lemon juice
- 1 Tbs. finely chopped fresh rosemary

1. Preheat oven to 425°F. Coat 11½- x 8-inch baking dish with cooking spray.
2. Stir together oats, flour, lemon zest, and salt in large bowl. Rub cashew butter into oat mixture with fingers until combined. Stir in ⅓ cup agave nectar and vanilla extract until oat mixture is coated with agave nectar.
3. Toss together grated apple, lemon juice, rosemary, and remaining agave nectar in separate bowl.
4. Press half of oat mixture in bottom of prepared baking dish with damp fingers.

PHOTOGRAPHY: PORNCHAI MITTONGTARE

Spread apple mixture over top. Press remaining oat mixture over apple layer. Bake 18 to 20 minutes, or until golden brown on top. Cool on wire rack. Cut into 12 bars.

PER BAR: 170 CAL; 3 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 31 G CARB; 0 MG CHOL; 139 MG SOD; 2 G FIBER; 17 G SUGARS

Whole-Wheat Spaghetti with Golden Garlic, Tomatoes, and Sage

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

Sage and tomatoes pair beautifully in this light pasta sauce. Firm Roma tomatoes are your best bet here for a sauce that's not too watery. If early-season tomatoes make the sauce taste too acidic, stir 1 tsp. sugar or honey in with the sage and olives.

- ½ lb. whole-wheat spaghetti
- 3 Tbs. olive oil
- 4 large garlic cloves, peeled, halved, and sliced (3 Tbs.)
- 1½ lb. ripe tomatoes, coarsely chopped (6 cups)
- ¾ cup cooked chickpeas
- 2 Tbs. fresh chopped sage, plus more leaves for garnish
- 2 Tbs. chopped kalamata olives

1. Cook spaghetti in large pot of boiling salted water 10 to 11 minutes, or until al dente.
2. Heat oil and garlic in large saucepan over medium heat. Cook 2 to 3 minutes, or until garlic is browned, stirring occasionally. Stir in tomatoes, chickpeas, sage, and olives, and simmer 3 to 4 minutes. Season with salt and pepper, if desired.
3. Drain spaghetti, and return to pot. Add sauce, and toss to coat. Season with salt and pepper, if desired. Divide among 6 serving bowls, and garnish with sage leaves.

PER 1-CUP SERVING: 258 CAL; 9 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 40 G CARB; 0 MG CHOL; 148 MG SOD; 8 G FIBER; 5 G SUGARS

Chef and cooking instructor Nancy Krcek Allen cruises northern Michigan farmers' markets for fresh herb and produce combinations to share with students and friends.

RECIPES BY Elliott Prag

drink your veggies



Move over, berries and bananas! These power-packed veggie smoothies deliver pure satisfaction

PICTURED, FROM LEFT:
SPLENDID SPINACH SPREE
FEEL THE BEET
BETA-CAROTENE BARRAGE

VT put in a tall order when we asked Elliott Prag to come up with four vegetable-centric smoothies that met the following requirements: they could be made without a heavy-duty blender or juicer; they came in multiple colors (not just green); and they pleased the demanding palates of our staff.

To our delight, he nailed the assignment. The results were refreshments we'd blend up for an energizing breakfast or a cool snack on a hot afternoon. And for all you readers with a juicer, the recipes can also be made raw—just purée the ingredients and skip the cooking steps.

PHOTOGRAPHY Beatriz Da Costa
FOOD STYLING Natacha Arnoult
PROP STYLING Edouard Prulhiere

LEWIS LABS

GLUTEN FREE

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There are many reasons why controlling our weight is important for most of us. We like to have a trim body for our own vanity, self-esteem and to be more attractive to others. However, if those were the only reasons then we, as nutritionists, would not have created a diet product. An overweight body is not a really healthy body. Clinical studies repeatedly show overweight individuals have a much higher incidence of diabetes, heart disease, hypertension and a myriad of other serious complaints. These are matters that have little to do with vanity and everything to do with health. Health is our business and the slim good looks that go with a healthy body is a fringe benefit.

While there are many so-called meal substitute products on the market, none properly take into account all the nutritional factors necessary to make them really work. Unfortunately, eating fewer calories alone does not guarantee you will lose weight. When you severely reduce your caloric intake you may well be depriving your body of many nutrients it must have to maintain good health. When your body is missing these vital nutrients it thinks you are starving. This triggers a survival mode response. Your body holds on to fat so you won't starve. That is why Lewis Laboratories developed Weigh Down™. It is truly a nutritionists' diet plan that covers all the bases. It provides at least 100% of all vitamins, minerals, proteins and fiber you need, plus digestive enzymes, so these nutrients can readily be used. Weigh Down™ also contains an effective level of three important lipotropic factors: choline, inositol and carnitine, which actually help burn fat deposits. Weigh Down™ provides every nutritional element for a successful diet with only 98 calories per serving.

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Beta-Carotene Barrage

SERVES 6 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

Rich in fiber, beta-carotene, vitamin C, and ginger, this little cocktail packs some powerful nutrition.

- 3 large carrots (10 oz.), sliced
- 1 cup coconut milk
- 1 cup orange juice
- 1 2-inch piece ginger (1 oz.), thinly sliced
- 1 Tbs. fresh lime juice
- ½ tsp. salt

1. Fill bowl with ice water, and set aside.
2. Cook carrots in large pot of boiling salted water 5 to 7 minutes, or until tender. Drain, and transfer to ice water to cool. Drain again.
3. Purée carrots and remaining ingredients in blender until smooth.

PER ½-CUP SERVING: 115 CAL; 2 G PROT; 8 G TOTAL FAT (7 G SAT FAT); 11 G CARB; 0 MG CHOL; 229 MG SOD; 2 G FIBER; 6 G SUGARS

Feel the Beet

SERVES 6 | 30 MINUTES OR FEWER | GLUTEN FREE

We think of beets as a winter food, but as Eastern Europeans know, the red roots are a refreshing summer item when served cold. Rich in folate and a good source of vitamin C, with an extra dose of protein from sour cream or goat's milk, this smoothie is a lighter take on borscht.

- 1 large beet (7 oz.)
- ½ cup low-fat sour cream or goat's milk
- 1 large shallot, sliced (¼ cup)
- 3 Tbs. fresh dill
- 2 Tbs. fresh lemon juice
- ½ tsp. salt

1. Fill bowl with ice water, and set aside.
2. Cook beet in large pot of boiling salted water 25 minutes, or until beet is tender. Drain, and transfer to ice water to cool.
3. Peel beet, and thinly slice. Purée in blender with 1 cup water until smooth. Add sour cream, shallot, dill, lemon juice, and salt. Purée until smooth.

PER ½-CUP SERVING: 47 CAL; 1 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 6 G CARB; 8 MG CHOL; 228 MG SOD; <1 G FIBER; 3 G SUGARS

Mexican Mind Meld

SERVES 8 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

This spicy drink offers the satisfaction of rich, creamy guacamole without the calorie-packed chips.

- 1 large cucumber, sliced (10 oz.)
- 1 avocado, pitted and skinned
- ½ cup loosely packed cilantro leaves
- 2 green onions, sliced
- 2 Tbs. fresh lime juice
- 1 jalapeño chile, seeded and sliced
- 1 clove garlic, sliced
- 1 tsp. salt

Purée cucumber and 1½ cups cold water in blender until smooth. Add remaining ingredients, and purée until smooth.

PER ½-CUP SERVING: 37 CAL; <1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 4 G CARB; 0 MG CHOL; 294 MG SOD; 2 G FIBER; <1 G SUGARS

Splendid Spinach Spree

SERVES 6 | 30 MINUTES OR FEWER | GLUTEN FREE

Spinach? In a smoothie? It makes sense when you know the dark, leafy green is an excellent source of vitamins, fiber, and iron.

- 10 oz. baby spinach
- 1½ cups apple juice
- 1 Golden Delicious apple, cored and sliced
- 1 cup low-fat plain yogurt or goat's milk
- ½ cup loosely packed fresh parsley leaves
- 1 tsp. salt

1. Fill bowl with ice water. Set aside.
2. Cook spinach in large pot of boiling salted water 2 to 3 minutes, or until just wilted. Transfer to ice water. Wring excess water from spinach with hands.
3. Purée spinach and apple juice in blender until smooth. Add apple, yogurt, parsley, and salt, and purée until smooth.

PER ½-CUP SERVING: 86 CAL; 4 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 3 MG CHOL; 459 MG SOD; 2 G FIBER; 13 G SUGARS

These veggie smoothies presented full-time Natural Gourmet Institute instructor Elliott Prag with an opportunity to explore the possibilities of "drinking" his vegetables.

BY Jennifer McCann

The Vegan Lunch Box blogger shares her take-along summer menu

I spend a lot of time thinking about what's for lunch. Besides having written a vegan cookbook on the subject, I'm constantly packing lunches for my husband, son, and myself and blogging about them.

Most often my creations go off to work and school, but now that my son is playing team sports, we're spending more of our afternoons outside at playing fields and parks. That means getting together with other parents to cheer on our little all-stars and share picnic fare.

As a vegan, and a health-conscious one at that, I know I can't rely on the other parents to serve foods that I can eat. Nor will I settle for a bag of potato chips while everyone else is feasting on deli sandwiches and barbecued pork and beans. Instead, I bring along vegan versions, with plenty to share. None of the nonvegans even miss the bacon or mayonnaise.

picnic winners



BAGUETTE WITH ROASTED RED PEPPER SPREAD, p. 50

PHOTOGRAPHY Ray Kachatorian FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk



Mini Coconut Cream Pies, p. 51

Sticks-and-Stones Salad

SERVES 6 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

The name of this salad alone is enough to entice kids to give it a try. If your kids' tastes in vegetables are more adventurous, feel free to replace the celery with red bell pepper strips or with broccoli or cauliflower florets.

- 2 cups 1½-inch-long celery sticks
- 1 cup 1½-inch-long carrot sticks
- 2 Tbs. olive oil
- 2 Tbs. apple cider vinegar
- 1 tsp. Dijon-style mustard
- ½ tsp. sugar
- ¼ tsp. dried dill weed
- 1 8-oz. can whole water chestnuts, rinsed and drained

1. Cook celery and carrots 3 minutes in saucepan filled with water. Drain, and rinse under cold water.
2. Whisk together oil, vinegar, mustard, sugar, and dill in bowl. Stir in water chestnuts, celery, and carrots. Season with salt and pepper, if desired.

PER 2/3-CUP SERVING: 72 CAL; <1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 162 MG SOD; 3 G FIBER; 2 G SUGARS

Barbecue Baked Beans

SERVES 8 | VEGAN | GLUTEN FREE

Liquid smoke gives beans rich, hearty flavor without the pork. Start the beans in the slow cooker before you go to bed and you'll have perfect baked beans in the morning, ready to take on a picnic outing. For a faster version that eliminates the need to soak and precook the beans, use three 15-oz. cans of navy beans.

- 1½ cups dry navy beans, rinsed
- ½ cup diced onion
- 6 Tbs. ketchup
- ¼ cup packed brown sugar
- 2 Tbs. pure maple syrup
- 1 Tbs. prepared yellow mustard
- 1½ tsp. dark sesame oil
- ⅛ tsp. liquid smoke

Baguette with Roasted Red Pepper Spread

MAKES 6 SANDWICHES | VEGAN
30 MINUTES OR FEWER

This colorful spread is a fancy, vegan version of pimiento cheese. Slipping cucumber between the filling and the lettuce helps keep the greens from wilting en route to your destination.

- 1 7-oz. jar roasted red peppers, drained well, finely chopped
- 1 8-oz. container vegan cream cheese, softened
- 3 Tbs. finely minced onion
- 1 clove garlic, minced (1 tsp.)
- 2 18-inch French baguettes
- ¾ cup cucumber, peeled, seeded, and diced
- 12 romaine lettuce leaves
- 2 cups thinly sliced radicchio

1. Combine roasted red peppers, cream cheese, onion, and garlic in bowl.
2. Cut each baguette into 3 6-inch pieces. Halve each piece lengthwise. Tear out some of center from bread to make space for fillings.
3. Spread cream cheese mixture on bottom halves of bread. Top with cucumber, lettuce, and radicchio, and cover with top half of bread.

PER SANDWICH: 355 CAL; 16 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 61 G CARB; 0 MG CHOL; 815 MG SOD; 3 G FIBER; 4 G SUGARS

1. Cover beans with 3 inches cold water in large bowl, and soak 6 hours, or overnight.
2. Drain beans, and transfer to large saucepan. Cover with water, and bring to a boil. Reduce heat to medium-low, and simmer 30 to 40 minutes, or until tender. Drain, reserving ¾ cup cooking liquid.
3. Transfer beans to slow cooker, and stir in onion. Whisk together ketchup, brown sugar, maple syrup, mustard, oil, and liquid smoke in bowl. Stir into bean mixture. Cover, and cook 6 hours on low power. Season with salt and pepper, if desired. These beans can be served warm or at room temperature.

PER ½-CUP SERVING: 187 CAL; 8 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 37 G CARB; 0 MG CHOL; 440 MG SOD; 10 G FIBER; 13 G SUGARS

Mini Coconut Cream Pies

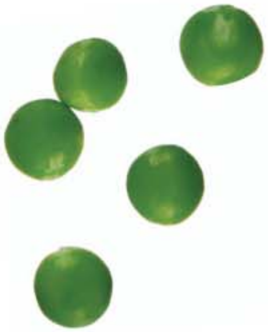
MAKES 6 PIES | VEGAN | 30 MINUTES OR FEWER

These little coconut pies are sturdy enough to travel in a lunch box or picnic basket. Check the baking section at your grocery store for vegan-friendly, ready-made graham cracker pie crusts.

- ⅓ cup sweet flake coconut
- 6 oz. soft silken tofu, drained
- ⅓ cup sugar
- 5 Tbs. cornstarch
- 1 14-oz. can light coconut milk
- 1 tsp. vanilla extract
- ⅛ tsp. coconut extract
- 6 mini graham cracker pie crusts

1. Preheat oven to 350°F. Spread coconut on baking sheet, and toast 5 minutes, shaking pan occasionally, or until golden.
2. Blend tofu in blender or food processor 2 to 3 minutes, or until smooth. Set aside.
3. Whisk together sugar and cornstarch in saucepan. Whisk in coconut milk, and cook over medium-high heat 8 minutes, or until thickened, whisking constantly.
4. Remove pan from heat. Fold in tofu, vanilla and coconut extracts, and coconut. Divide among mini pie crusts, and chill.

PER PIE: 283 CAL; 3 G PROT; 13 G TOTAL FAT (6 G SAT FAT); 37 G CARB; 0 MG CHOL; 134 MG SOD; 18 SUGARS



Fact...

Every day we're bombarded with nutrition and health information. With search engines like Google and Yahoo!, a plethora of information (and misinformation) is just a click away. One day, we're told that Vitamin C will save us from disease, the next day we read that this very same vitamin may cause it. In an effort to clarify some common misperceptions, the Block Center for Integrative Cancer Treatment put together a True or False quiz that tests your knowledge about some of the most widespread myths and facts about health and nutrition. To see the answers, visit our website, www.blockmd.com.

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1. **If you're trying to lose weight**, lose the fat in your diet! Cutting all fat will speed weight loss.

2. **In their lifetime**, 1 out of 2 men, and 1 out of 3 women will be diagnosed with cancer.

3. **If a woman has any risk factors** for breast cancer, it's important she reduces or eliminates all soy food products from her diet.

4. **Moderate alcohol consumption** is beneficial for cancer prevention.

5. **When you're undergoing treatment** for cancer, it's very important to rest whenever you can. The more you rest, the more energy you have to fight the disease.

6. **Coconut oil** is the healthiest oil available today.

7. **Mammogram and colonoscopies** are two of the best tools available for preventing breast and colon cancer, respectively.

8. **Raw vegetables** have more nutrients than cooked vegetables.

9. **Organic yogurt** and dairy is considered safe because the animals are not treated with hormones.

or Fiction?

10. Omega 3 and Omega 6 fatty acids are the most beneficial fatty acids.

11. Brown sugar is better for you than white sugar.

12. In general, decaffeinated coffee is a better choice than regular coffee.

13. One in 6 women in this country will die from heart disease.

14. As we get older (50+), it's still important to adhere to a regular exercise regimen, but less time is required to achieve optimal health benefits.

15. Self breast exams and scheduling regular medical appointments are two of the best ways to help prevent disease and illness.

16. There is an optimal time of day to administer many medications, including chemotherapy drugs.

17. Brown grain products are whole grain products.

18. For optimal health, aim at getting 30% of your daily calories from fat.









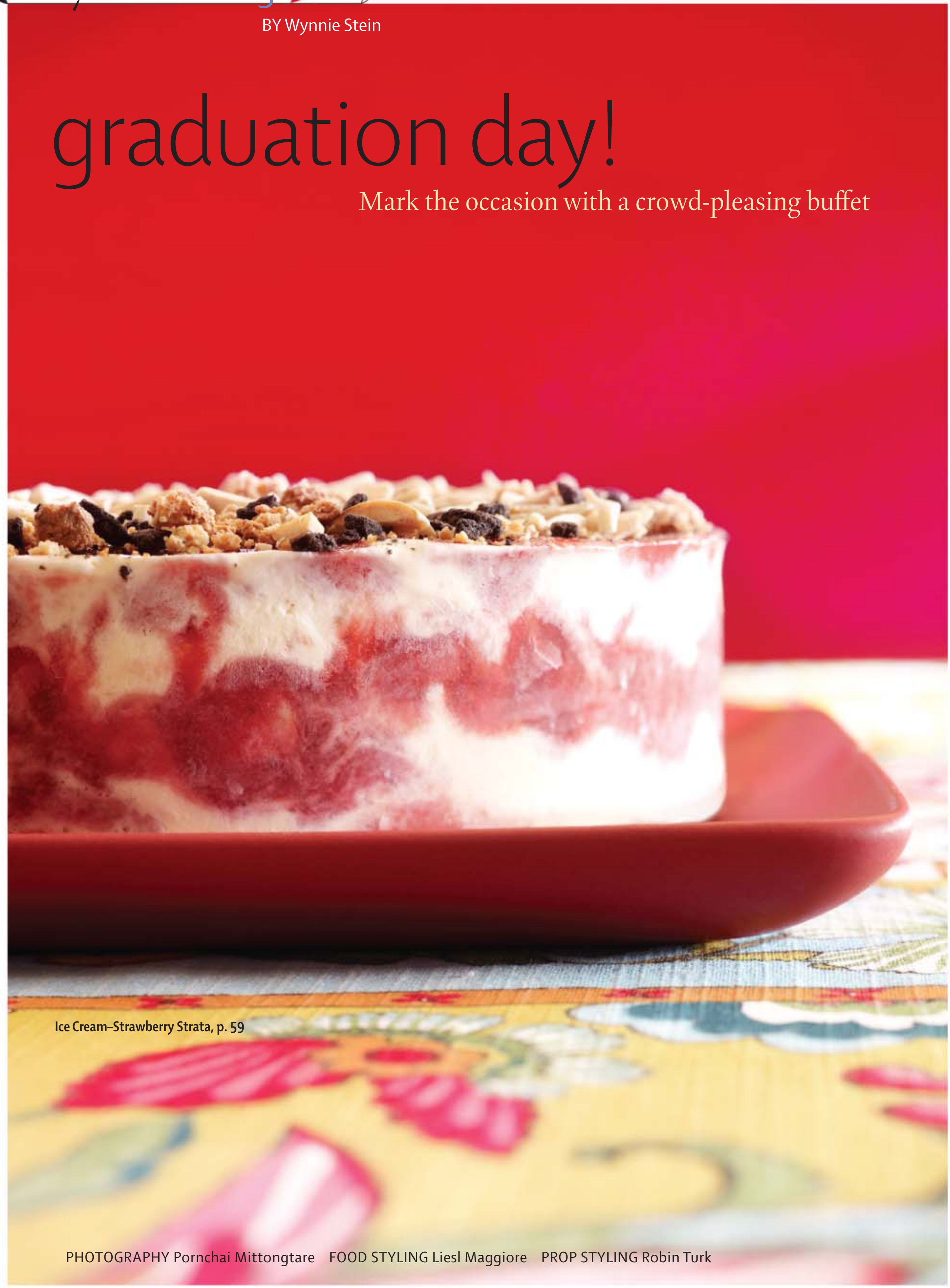
Keith I. Block, MD

Keith I. Block, MD is co-founder and medical director of the Block Center for Integrative Cancer Treatment, in Evanston, IL. For additional information, and to register to win a free nutritional consultation from one of the Block Center's registered dietitians, visit www.blockmd.com.
Block Center for Integrative Cancer Treatment is located at 1800 Sherman Ave., Suite 350, Evanston, IL. 60201. 847.492.3040.

BY Wynnie Stein

graduation day!

Mark the occasion with a crowd-pleasing buffet



Ice Cream–Strawberry Strata, p. 59

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

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MENU

- CONFETTI SLAW
- WARM POTATO SALAD PRIMAVERA
- CARAMELIZED ONION TART
- ICE CREAM–STRAWBERRY STRATA

When friends and family gather to celebrate a school milestone, the menu needs to satisfy a wide variety of appetites, including—and especially—that of the grad. We've given such kid-friendly faves as pizza, potato salad, and ice cream all-grown-up twists. The results skip culinary pomp and circumstance, but will still get top marks from grads and grandmas alike.



Caramelized Onion Tart, p. 57
Confetti Slaw

Confetti Slaw

SERVES 8 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

Fresh herbs and spicy jalapeño give a classic cookout favorite a gourmet feel. For added color, try using half red cabbage, half green cabbage, and an assortment of bell peppers.

SLAW

- 4 cups finely shredded red cabbage
- ½ large red bell pepper, cut into 2-inch matchsticks (2 cups)
- ½ large orange bell pepper, cut into 2-inch matchsticks (2 cups)
- ¼ cup finely sliced green onions
- ½ seeded, minced jalapeño chile, optional

DRESSING

- 3 Tbs. olive oil
- 3 Tbs. lemon juice
- 1½ Tbs. finely chopped fresh mint
- 1 Tbs. finely chopped fresh cilantro
- 1 Tbs. white or cider vinegar
- 2 tsp. sugar
- 1 clove garlic, minced (1 tsp.)

1. To make Slaw: toss together cabbage, bell peppers, green onions, and jalapeño chile, if using, in large bowl.
2. To make Dressing: Whisk together all ingredients in small bowl. Toss Slaw with Dressing until vegetables are coated, and season with salt and pepper, if desired. Serve chilled or at room temperature.

PER 1-CUP SERVING: 78 CAL; 1 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 7 G CARB; 0 MG CHOL; 157 MG SOD; 2 G FIBER; 5 G SUGARS



Clockwise from top left: Caramelized Onion Tart; Warm Potato Salad Primavera; Confetti Slaw

ALL PLATES, FROM JONATHAN ADLER OJAI COLLECTION

Bite-size veggies and small slices make it easier to eat buffet-style; salad plates are best for serving lap-top diners.

Warm Potato Salad Primavera

SERVES 8 | VEGAN | 30 MINUTES OR FEWER

GLUTEN FREE

A pesto made with spinach and arugula dresses this salad instead of mayonnaise.

PESTO

- 1½ cups packed baby arugula
- ¾ cup packed baby spinach
- ¾ cup packed fresh basil
- 1 clove garlic, minced (1 tsp.)
- ¼ cup toasted walnut pieces
- 2 tsp. lemon juice
- 3 Tbs. olive oil

POTATO SALAD

- 1½ lb. red new potatoes, halved
- ¾ lb. fresh green beans, trimmed (3 cups)
- 2 tsp. olive oil
- ½ large fennel bulb, thinly sliced (2 cups)
- 1 large shallot, thinly sliced (⅓ cup)
- 3 Tbs. diced sun-dried tomatoes
- ⅛ tsp. red pepper flakes
- ¾ cup quartered cherry tomatoes

1. To make Pesto: Purée 1 cup arugula, ½ cup spinach, basil, garlic, and walnut pieces in food processor until smooth. Add remaining arugula and spinach, and pulse until smooth. With machine running, pour in lemon juice and oil, and blend until combined. Season with salt and pepper, if desired.
2. To make Potato Salad: Cook potatoes in large pot of boiling salted water 10 minutes. Add green beans, and cook 5 minutes more. Drain, and transfer to bowl. Cover to keep warm.
3. Heat oil in skillet over medium heat. Sauté fennel and shallot in oil 10 minutes, or until browned. Add sun-dried tomatoes and red pepper flakes, and sauté 3 to 4 minutes more.
4. Toss Pesto and fennel mixture with potatoes and green beans. Garnish with tomatoes, and serve.

PER 1-CUP SERVING: 184 CAL; 5 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 24 G CARB; 0 MG CHOL; 202 MG SOD; 4 G FIBER; 2 G SUGARS

Caramelized Onion Tart

SERVES 8

Think of this tart as an homage to students' penchant for pizza.

- 2 Tbs. olive oil
- 2 large onions, thinly sliced (6 cups)
- 1 tsp. dried thyme, crushed
- ½ tsp. ground black pepper
- 2 tsp. balsamic vinegar
- 1 16-oz. pkg. ready-to-bake pizza dough, such as Trader Joe's
- 1 cup grated part-skim mozzarella cheese
- ½ cup grated aged provolone cheese
- 20 niçoise or 10 kalamata olives, pitted and halved (2 Tbs.)

1. Heat oil in skillet over medium heat. Add onions, and sprinkle with salt, if desired. Sauté 5 to 7 minutes, or until softened. Reduce heat to medium-low, and stir in thyme and black pepper. Cook 15 minutes more, or until onions are browned and caramelized, stirring often. Stir in vinegar, and cook 5 minutes more. Remove from heat.
2. Preheat oven to 425°F. Coat 12-inch pizza pan or rectangular baking sheet with cooking spray. Press dough into 10-inch circle on pizza pan or baking sheet. Sprinkle ½ cup mozzarella and ¼ cup provolone over dough. Spread onions over top, then sprinkle with remaining cheese and olives. Bake 20 minutes, or until crust is golden.

PER SLICE: 287 CAL; 11 G PROT; 11 G TOTAL FAT (4 G SAT FAT); 37 G CARB; 13 MG CHOL; 627 MG SOD; 3 G FIBER; 8 G SUGARS

Ice Cream–Strawberry Strata

SERVES 12

Everyone loves ice cream cake, but why buy one when you can make this lavish-looking dessert in no time?

STRAWBERRY SAUCE

- 2 lb. fresh strawberries, chopped, 3 or 4 reserved for garnish
- ⅔ cup fresh orange juice
- ⅓ cup sugar
- 1 tsp. balsamic vinegar, optional
- 1 Tbs. cornstarch

CAKE

- 1 qt. ice cream or frozen yogurt
- 2 7-oz. pkgs. crunchy ladyfingers
- ¾ cup crumbled amaretti and/or chocolate wafer cookies
- ½ cup toasted slivered almonds

1. To make Strawberry Sauce: Combine strawberries, orange juice, sugar, vinegar, if using, and ½ cup water in medium saucepan. Bring to a simmer, and cook over medium-low heat 7 minutes, or until strawberries are soft. Dissolve cornstarch in ¼ cup water, and stir into strawberries. Simmer 2 to 3 minutes, or until mixture thickens, stirring often. Transfer to blender, and purée until smooth. Cool.
2. To make Cake: Remove ice cream from freezer to soften while preparing ladyfingers. Dip 12 ladyfingers in strawberry sauce until softened. Cut in half, and use to line inside rim of 9-inch springform pan, standing ladyfingers vertically, edge to edge, rounded tops up.
3. Dip and cut 12 more ladyfingers in half diagonally, and fit in bottom of springform pan, laying ladyfingers side by side, pointed ends toward middle, like spokes in a wheel. (Refit any broken ladyfingers.) Spread half of ice cream over bottom layer of ladyfingers. Top with half of Strawberry Sauce.
4. Repeat layering with remaining ladyfingers, ice cream, and Strawberry Sauce. Top with crumbled cookies and slivered almonds.
5. Wrap Cake in plastic wrap or aluminum foil, and freeze at least 4 hours.
6. To serve: Remove from freezer, release springform rim, and let Cake stand 10 minutes. Dip large knife in hot water; wipe dry, then slice into 12 wedges.

PER SLICE: 323 CAL; 7 G PROT; 11 G TOTAL FAT (5 G SAT FAT); 50 G CARB; 93 MG CHOL; 87 MG SOD; 3 G FIBER; 25 G SUGARS

As co-owner of Moosewood Restaurant in Ithaca, N.Y., Wynnie Stein has cooked for countless celebrations at Cornell University and Ithaca College for over 25 years.

 BY Melynda Saldenais



asparagus

Delectable spring delicacy or fun finger food? Asparagus is both.

NUTRITIONAL PROFILE

8 SPEARS OF BOILED ASPARAGUS CONTAIN:

- **26 CALORIES**
- **2 G FIBER**
- **28 MG CALCIUM**
- **269 MG POTASSIUM**
- **179 MCG FOLATE**
- **9 MG VITAMIN C**

Asparagus is a study in contradictions. A snap to prepare, it was such a delicacy in Victorian times that individual tongs were used to allow diners to eat it without messing up their hands.

Patience and speed are required to grow asparagus: crowns take three years to produce the first spears, but at peak season, stalks can shoot up so fast that they have to be harvested every 24 hours. And while fresh asparagus need no embellishment, they hold their own when shaved, blended, grilled, baked, or slathered in a spicy marinade.

PHOTOGRAPHY Beatriz Da Costa   FOOD STYLING Natacha Arnoult   PROP STYLING Edouard Prulhiere



Fresh Asparagus Soup with Parmesan Crisps, p. 62

Shaved Asparagus Salad with Orange-Tarragon Vinaigrette

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

GLUTEN FREE

Shaving asparagus with a vegetable peeler yields long tendrils that don't need to be cooked. Here, the strands are tossed with a citrusy vinaigrette.

- ⅓ cup raw hazelnuts or filberts
- 1 large shallot, peeled and minced (3 Tbs.)
- 3 Tbs. white wine vinegar
- 1 Tbs. chopped fresh tarragon leaves
- 2 tsp. orange zest
- 1 tsp. Dijon mustard
- 7 Tbs. olive oil
- ½ lb. fresh asparagus (8 to 10 medium-size spears)
- 6 cups mixed spring greens
- 2 navel oranges

1. Preheat oven to 400°F. Place hazelnuts on baking sheet, and toast 15 minutes, or until skins darken and split. Rub nuts between two towels until skins come off. Cool, then coarsely chop.

2. Whisk together shallot, vinegar, tarragon, orange zest, and mustard in bowl. Whisk in oil. Season with salt and pepper, if desired.

3. Peel asparagus into long, thin strands with peeler. Toss with greens in bowl.

4. Peel oranges with knife, removing white pith. Slice between membranes, and cut orange segments directly into salad, letting juice drip into bowl. Toss salad with hazelnuts and 3 Tbs. dressing. Serve remaining dressing on side.

PER ¾-CUP SERVING: 115 CAL; 3 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; 0 MG CHOL; 111 MG SOD; 3 G FIBER; 5 G SUGARS

TRIMMING TRICKS

Asparagus spears have a natural break between the woody end and the tender spear, which is generally the same for all the spears in a bunch. Snap one spear to find the natural break spot, and use it as a guide to trim the remaining spears with a knife.

Asparagus-Mushroom Bread Pudding

MAKES 9 SLICES

For entertaining ease, make this main dish a day ahead, then pop it into the oven an hour before you sit down to eat.

- 1 leek, white part finely chopped (1 cup)
- 3 cloves garlic, minced (1 Tbs.)
- 2 lb. fresh asparagus (36 to 40 medium spears), cut into 1-inch pieces
- 12 oz. white mushrooms, sliced (2 cups)
- 4 cups skim milk
- 4 large eggs
- 2 tsp. Dijon mustard
- 2 Tbs. chopped fresh basil
- 1 1-lb. loaf crusty bread, cut into cubes
- 16 oz. soft goat cheese log, sliced

1. Coat skillet with nonstick cooking spray; heat over medium heat. Add leek and garlic, and sauté 8 minutes, or until soft. Add asparagus and mushrooms, and cook 4 minutes more, or until asparagus is tender. Set aside.

2. Whisk together milk, eggs, mustard, and basil in bowl. Set aside.

3. Coat 13- x 9-inch baking dish with cooking spray. Spread half of bread cubes in single layer in baking dish. Spoon asparagus mixture over top, and cover with remaining bread cubes. Arrange goat cheese rounds over top. Pour egg mixture over all, pressing down with spoon to submerge bread. Cover, and chill 2 hours, or overnight.

4. Preheat oven to 350°F. Bake bread pudding 45 minutes, or until center is set. Let stand 10 minutes before serving.

PER 4- X 3-INCH SLICE: 370 CAL; 23 G PROT; 15 G TOTAL FAT (9 G SAT FAT); 37 G CARB; 119 MG CHOL; 594 MG SOD; 3 G FIBER; 8 G SUGARS





Asparagus-Mushroom Bread Pudding

For entertaining ease, make this main dish a day ahead, then pop it into the oven an hour before you sit down to eat.

Grilled Green and White Asparagus with Aïoli and Smoky Red Pepper Purée

SERVES 6 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

The sauce duo gives this dish an elegant burst of contrasting color, but you could keep it easy and whip up just one sauce—you'll still have plenty for dipping.

AÏOLI

- 2 cloves garlic, peeled
- ¼ tsp. salt
- 2 Tbs. olive oil
- ½ cup vegan mayonnaise, such as Vegenaise

SMOKY RED PEPPER PURÉE

- 1 12-oz. jar roasted red peppers, rinsed and drained
- 2 Tbs. agave nectar or honey
- 1 Tbs. olive oil
- 2 tsp. smoked paprika

GRILLED ASPARAGUS

- 1½ lb. green asparagus (24 to 30 medium-size spears), trimmed
- 1½ lb. white asparagus (24 to 30 medium-size spears), trimmed
- 1 Tbs. olive oil or vegetable oil
- Lemon wedges, for garnish

1. To make Aïoli: Chop garlic on cutting board; add salt, and mash into fine paste with side of knife. Whisk together garlic and oil in small bowl. Whisk in mayonnaise.
2. To make Smoky Red Pepper Purée: Purée peppers, agave nectar, oil, and paprika in blender or food processor until smooth, adding 2 to 3 Tbs. water, if needed, to obtain desired consistency. Season with salt and pepper, if desired.
3. To make Grilled Asparagus: Heat grill or grill pan over medium-high heat. Toss asparagus with oil in large bowl. Sprinkle with salt, if desired. Grill asparagus 4 to 8 minutes, or until lightly browned and soft, turning once.
4. Arrange asparagus on platter, and garnish with lemon wedges and a drizzle of Aïoli and Smoky Red Pepper Purée. Serve hot or at room temperature.

PER SERVING (8 TO 10 SPEARS): 257 CAL; 3 G PROT; 21 G TOTAL FAT (3 G SAT FAT); 14 G CARB; 0 MG CHOL; 432 MG SOD; 3 G FIBER; 9 G SUGARS

Fresh Asparagus Soup with Parmesan Crisps

SERVES 6 | GLUTEN FREE

Parmesan crisps are an easy, impressive soup garnish made by melting grated cheese in small rounds.

- ½ cup grated Parmesan cheese
- 2 Tbs. unsalted butter or olive oil
- 1 medium onion, chopped (1 cup)
- 5 cups low-sodium vegetable broth
- 2 lb. fresh asparagus (36 to 40 medium-size spears), tips reserved, stalks cut into ½-inch pieces, divided
- 1 tsp. dried thyme
- ⅓ cup low-fat milk or heavy cream
- 1 Tbs. lemon juice
- 2 tsp. grated lemon zest

1. Preheat oven to 400°F. Line baking sheet with silicone baking mat. Divide Parmesan cheese into 6 mounds on baking mat, and flatten using back of spoon. Bake 3 to 4 minutes, or until cheese melts into lacy rounds. Cool completely. Remove from baking sheet with spatula; set aside.
2. Melt butter in large saucepan over medium heat. Add onion, and sauté 5 to 7 minutes, or until soft. Add broth, asparagus stalks, and thyme; bring to a boil. Reduce heat to medium-low, cover pan, and simmer 15 to 20 minutes or until asparagus is tender.
3. Meanwhile, cook asparagus tips in boiling, salted water 2 minutes, or until just tender. Drain, and rinse under cold water. Set aside.
4. Purée soup in blender or food processor until smooth. Return to pan, and stir in milk, lemon juice, and lemon zest. Season with salt and pepper, if desired. Serve warm or at room temperature, garnished with asparagus tips and Parmesan crisps.

PER 1-CUP SERVING: 110 CAL; 5 G PROT; 6 G TOTAL FAT (4 G SAT FAT); 10 G CARB; 17 MG CHOL; 431 MG SOD; 3 G FIBER; 5 G SUGARS

East-West Marinated Asparagus

SERVES 6 | VEGAN

Here, an Asian-inspired marinade brings a balance of sweet, salty, tangy, and spicy to blanched asparagus.

- 3 lb. fresh asparagus, trimmed (48 to 60 medium-size spears)
- ⅓ cup low-sodium soy sauce or tamari
- ⅓ cup rice vinegar
- 3 Tbs. vegetable oil
- 3 cloves garlic, minced (1 Tbs.)
- 2 Tbs. grated fresh ginger
- 1 Tbs. agave nectar or honey
- Pinch cayenne pepper, or to taste
- 1 Tbs. toasted sesame seeds
- 1 Thai bird chile, seeded and thinly sliced for garnish, optional

1. Cook asparagus in pot of boiling salted water 5 minutes. Drain, and plunge into bowl filled with ice water.
2. Whisk together soy sauce, rice vinegar, oil, garlic, ginger, agave nectar, and cayenne. Pour over asparagus in large baking dish, adding water, if necessary, to submerge asparagus. Cover, and chill 4 hours, or overnight.
3. Drain off marinade, and arrange asparagus on plates or serving platter. Sprinkle with sesame seeds and chile slices, if using.

PER SERVING (8 TO 10 SPEARS): 51 CAL; 3 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 6 G CARB; 0 MG CHOL; 202 MG SOD; 2 G FIBER; 2 G SUGARS

Denver-based chef and food writer Melynda Saldenais remembers watching asparagus grow on her grandparents' farm in DeKalb, Ill.

To keep fresh asparagus crisp after you buy it, store the spears standing upright in a pitcher or canister of water in the refrigerator.

East-West Marinated Asparagus



BY Lisa Turner

PHOTOGRAPHY
& STYLING Jen Gotch



weekend detox

Living in the modern world, our bodies can get to feeling pretty grubby inside. Between the sugars, refined flours, caffeine, alcohol, dairy, chemical food additives, pesticides, and environmental pollutants we encounter, our cells are exposed to myriad toxins and inflammation triggers. The stress of modern life also places a tremendous burden on the organs of elimination, leaving pockets of waste in the colon, and stressing the liver, kidneys, and lymphatic system.

Legions swear by juice fasts and other cleanse routines that go for 10 days or more. But a no-fast weekend regimen is a much easier way for a coffee-and-bagel junkie to make real changes in daily routines. "It gives you a chance to take a break from caffeine, sugar, wheat, dairy, and alcohol, and to establish new, healthier habits," says Elson Haas, MD, author of *The New Detox Diet*.

Remember, too, that detoxing includes your whole body; a hurried pace, stressful schedules, and festering resentments can create mental and emotional toxins that need to be cleared away.

If you're new to detox, a weekend cleanse can provide a physical and psychological jump start. If you're a veteran, regular weekend regimens—one a month is ideal—can help you build on healthful habits.

Here's a simple, day-by-day plan to guide you through.




Jump-start weight loss and refresh body and mind with our easy two-day cleanse







WHAT TO KNOW BEFORE YOU BEGIN

Carve out a weekend when you'll have lots of flexibility. "Treat it like a spa retreat," says Michelle Schoffro Cook, DNM, DAc, CNC, author of *The 4-Week Ultimate Body Detox Plan*. "Plan a massage; find a place to take a sauna; stock up on fresh organic produce and a few supplies. A detox should feel like an indulgence, not hard work."

The day before you start, dramatically reduce your intake of caffeine, sugar, wheat, dairy, and alcohol, to lessen the likelihood of headaches and painful withdrawal symptoms during the weekend. Eat light, focusing on raw greens, steamed vegetables, legumes, beans, and raw nuts. Read through the plan outlined on these pages, and gather any supplies you don't have on hand. Dine on steamed organic veggies, and head to bed early. You'll need a full eight hours of sleep on Friday night; research points to a link between lack of sleep and adrenal stress, blood sugar irregularities, and weight gain.



Give these the weekend off.

ready, set, cleanse ...

day 1: SATURDAY

morning

✷ **Wake up with yoga.** Ease into your first day with a bedside series of cat and cow stretches, alternately arching and flexing your spine to wake up your body. **Web extra:** For a detailed how-to, visit vegetariantimes.com/detoxextra.

✷ **Sip lemon water.** To stimulate the bowels and detox the liver, drink a cup of hot or room-temperature water spiked with the juice of half a fresh lemon. Make a pitcher of lemon juice and filtered water (use the juice of half a lemon for every 8 ounces of water), and drink a glass every hour throughout day. If you want a little sweetness, add a bit of stevia. Skip the coffee—it's hard, but essential, says Schoffro Cook. Substitute green tea as a gentle source of caffeine to help avoid energy slumps and caffeine withdrawal headaches; studies also show it's rich in compounds that boost liver detoxification.

✷ **Dry brush your body.** Dry brushing stimulates the lymphatic system, one of the body's primary detox mechanisms, says Haas. Using a soft-bristled brush, lightly brush your skin, starting from your fingers and toes and moving in toward your heart. Follow with a warm shower to further boost circulation and move lymphatic fluid.

✷ **Have a light breakfast** of steamed vegetables. "A main goal of detoxing is to reduce inflammation," says Mark Hyman, MD, author of *The Detox Box*. "That involves removing the most common triggers for inflammation, like sugar, dairy, gluten, caffeine, alcohol, trans fats, and processed foods." Carrots, sweet potatoes, zucchini, and kale have a sweet taste that's surprisingly satisfying for breakfast.

✷ **Choose a restorative activity.** Do yoga or tai chi, listen to music, visit an art museum—whatever makes you feel soothed and nourished. Or read an inspirational or humorous book. "Sometimes, a hilarious book is just what you need," says Alex Jamieson, author of *The Great American Detox Diet*. "A hearty laugh stimulates endorphins and relieves stress."





afternoon

✹ **Mix up a big dandelion salad** (see the recipe for Detoxifying Dandelion and Bitter Greens Salad with Lemon-Tarragon Vinaigrette, p. 69). "Dandelion and other bitter greens are rich in phytochemicals that boost the liver's capacity to eliminate toxins," Hyman says. Have a 2-cup serving of salad for lunch, and store the leftover salad and dressing separately in the fridge. You'll need them later.

✹ **Go for a walk.** After lunch, head outside for a brisk walk or gentle hike, to get your blood and lymphatic fluid circulating.

✹ **Sweat it out with a steam or sauna.** "As you're cleansing your body, you're stirring up a lot of toxins," says Schoffro Cook. "You want to get these out of your system as quickly as possible." Saunas encourage perspiration, sending toxins out through the skin, the body's largest detox organ, says Haas. Most gyms, community recreation centers, and YMCAs have saunas or steam rooms; or check your local spa if you're feeling extravagant. If you don't have access to a sauna or steam room, relax in a hot bath with Epsom salts.

✹ **Take a nap.** After your sauna, take a short nap, or rest quietly and check in with your body. Do you notice any subtle changes in your digestion? "When you take a break from wheat, sugar, and dairy, you may notice differences in bloating, gas, or stomach sensation almost immediately," says Jamieson.

✹ **Write and reflect.** Make notes in a journal about what you're thinking and feeling. Are you angry with someone? Do you feel sad? Was it surprisingly painful to give up your morning muffin? "Toxins don't exist only in the body," says Natalia Rose, author of *The Raw Food Detox Diet*. "It may be that you have some poisonous thoughts or emotions to cleanse as well."

evening

✹ **Eat a light supper.** Start with another dandelion salad, followed by 1 to 2 cups of steamed spinach or collard greens, topped with ½ cup cooked lentils or 1 tablespoon of raw nuts, and a dash of cayenne pepper.

✹ **Spend a quiet evening.** Choose an after-dinner activity that feels soothing: knit, paint, or read.

✹ **Prepare for sleep.** Sip a cup of chamomile tea, and quietly reflect on your day. Note your observations in your journal. What emotions came up when the world was quiet around you? See if you can find a message or inspiration for the day.

✹ **Drink your fiber.** Before retiring, take ½ to 2 teaspoons psyllium seed dissolved in 1½ cups warm water to keep the bowels moving.

✹ **Hit the hay early.** After a full day of shifts and changes, your body needs plenty of rest.





day 2: SUNDAY

morning

✹ **Repeat Saturday's wake-up routine.** Start the day with cat and cow stretches, followed by hot lemon water, dry brushing, and a warm shower.

✹ **Try asparagus for breakfast.** Include it in medley of steamed vegetables. "Asparagus is rich in folic acid, which is key in the production of glutathione, an enzyme that boosts detoxification," Hyman says.

✹ **Meditate.** Recent studies show that meditation lowers stress, decreases rumination, and promotes forgiveness. If you're new to meditation, try it for 5 to 10 minutes; if you meditate regularly, try 20 to 30 minutes. Make notes in your journal of anything that comes up. **Web extra:** Check out vegetariantimes.com/detoxextra for a simple mindfulness meditation practice.

afternoon

✹ **Lunch on dandelion salad and a steamed artichoke.** Artichokes are rich in compounds that boost liver function, Hyman says. **Web extra:** You'll find the recipe for Perfect Steamed Artichokes on vegetariantimes.com.

✹ **Take a walk or gentle hike.** It'll boost blood flow and help keep the bowels moving.

✹ **Indulge in a massage.** Deep tissue work that improves circulation and stimulates the lymph system is ideal for transitioning out of your detox. **Web extra:** If a professional massage doesn't suit your budget, go to vegetariantimes.com/detoxextra for a link to our favorite self-massage tutorial.

✹ **Rest and reflect.** Take a short nap, and write in your journal.

evening

✹ **Take a light meal.** For dinner, have a dandelion salad topped with avocado and crumbled nori. "Sea vegetables are a wonderful source of minerals that help alkalinize the body," Hyman says. "That's important, since most people are too acid, from gluten, sugar, and toxins in food."

✹ **Luxuriate in a warm Epsom salts bath.** The body absorbs magnesium from Epsom salts, which helps relax the muscles and detoxify the lymphatic system, Schoffro Cook says.

✹ **Prepare for restorative sleep.** Take your psyllium seed, meditate for 15 minutes, then curl up with a cup of chamomile tea and your journal. What did you learn over the weekend? What new habits do you want to continue? Make notes of three life lessons to take away from your weekend, and drift off to sleep.



your first day back

Ease into the day. When you awaken Monday morning, you may feel tired, and might be experiencing symptoms of withdrawal from caffeine, food additives, and other toxins, says Hyman. Take the morning off, if possible; if not, take it easy. Make time for another Epsom salts bath and take a walk if your bowels need a little help to get moving.

Meditate on new habits. Think about where you can modify your established routine to add more healthful habits. Could you commit to adding a big green salad every day, or a 15-minute meditation session? Can you substitute green tea for coffee, and stevia for sugar? "Simple changes add up fast," says Schoffro Cook. "And those changes are the ones that make a lifelong difference."



Detoxifying Dandelion and Bitter Greens Salad with Tarragon-Lemon Vinaigrette

MAKES 4 SERVINGS | VEGAN
30 MINUTES OR FEWER | GLUTEN FREE

Loaded with naturally detoxifying dandelion and other bitter greens, this salad will last you through the weekend. Mix in extras, such as artichoke hearts, steamed asparagus, cubed jicama or avocado, pomegranate seeds, grated celery root, basil leaves, tomatoes, and/or raw garden peas, for each serving.

SALAD

- 2 cups dandelion greens, thick stems trimmed
- 2 cups chicory leaves, outer ribs discarded, leaves torn into 2-inch pieces
- 2 cups baby arugula
- 1 medium Belgian endive, sliced into ½-inch-thick rings (1 cup)
- 1 medium carrot, grated (½ cup)
- 1 small fennel bulb, thinly sliced (½ cup)
- ¼ cup thinly sliced celery
- ¼ cup chopped parsley

TARRAGON-LEMON VINAIGRETTE

- ½ cup olive oil
- ½ cup lemon juice
- 2 Tbs. chopped fresh tarragon
- 2 cloves garlic, minced (2 tsp.)
- Dash cayenne pepper

1. To make Salad: combine dandelion greens, chicory, arugula, endive, carrot, fennel, celery, and parsley in large bowl.
2. To make Tarragon-Lemon Vinaigrette: shake together all ingredients in small jar with tight-fitting lid.
3. Toss 1 serving of greens with just enough dressing to lightly coat leaves. Top with optional additions, if desired. Serve immediately.

PER 2-CUP SERVING: 219 CAL; 5 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 21 G CARB; 0 MG CHOL; 146 MG SOD; 8 G FIBER; 5 G SUGARS

Lisa Turner, a chef, food writer, and nutrition instructor, makes a mean, green dandelion salad.

GRAN FIESTA de PUEBLA

MENU

- PICO DE GALLO
- GUACAMOLE
- NOPALITOS-STYLE CHAYOTE SALAD
- CHORIZO AND POTATOES TINGA
- ARROZ VERDE
- OVEN-BAKED SOPES WITH ZUCCHINI-CORN FILLING
- TRES LECHES CAKE

DRINKS (p. 73)

- HORCHATA, AGUA DE JAMAICA, MEXICAN BEER, AND TEQUILA

Celebrate Mexico's culinary riches with this delectable menu

BY Mary Margaret Chappell

Fresh, zesty flavors are ripe for reveling in this time of year. When you're in the mood for a Mexican feast, why not break with the generic nacho-taco-margarita tradition? Serve up a menu that shines a spotlight on the eclectic, acclaimed cuisine of Puebla, the city many consider the culinary capital of Mexico.

"Puebla is where the cuisines of the indigenous natives and Europeans first mixed," says Estela Salas Silva, who owns and runs the Mexican Home Cooking School (mexicanhomecooking.com) in nearby Tlaxcala. The result of this cultural intermingling, Silva explains, is a melting pot of well-seasoned dishes that are flavorful, satisfying, and perfect for a party.



PHOTOGRAPHY Richard Jung FOOD STYLING Fergal Connolly PROP STYLING Roisin Nield



Clockwise from left: Oven-Baked Sopes with Zucchini-Corn Filling, p. 72; Guacamole, p. 74; Pico de Gallo, p. 74



Clockwise from top left: Oven-Baked Sopes with Zucchini-Corn Filling; Chorizo and Potatoes Tinga; Guacamole; Pico de Gallo

Oven-Baked Sopes

MAKES 24 SOPES | 30 MINUTES OR FEWER
GLUTEN FREE

Sopes are small, round, tartlette-like cakes made with masa harina, the flour used to prepare tortillas. Instead of frying the sopes on a griddle, we've baked them for entertaining ease. Topped with Zucchini-Corn Filling (right) or Pico de Gallo (p. 74), they make beautiful appetizers, or you can serve a trio of stuffed sopes as an entrée.

- 3 cups masa harina
- ¼ cup Parmesan cheese, optional
- 1½ tsp. baking powder
- 1 tsp. salt
- 1 large egg, lightly beaten
- 3 Tbs. vegetable oil or olive oil
- 1 cup grated Monterey Jack cheese

1. Preheat oven to 350°F. Line 2 baking sheets with parchment paper.

2. Whisk together masa harina, Parmesan cheese, if using, baking powder, and salt in bowl. Stir in 2½ cups hot water until mixture forms soft dough. Let stand 5 minutes. Stir egg, then oil, into dough.

3. Roll ¼ cup dough into ball. Press into 3-inch disk on prepared baking sheet, pinching together any cracked edges. Press indentation in center of disk using small drinking glass, then shape ½-inch edge around indentation with your fingers. Repeat with remaining dough.

4. Bake 10 minutes, or until sopes begin to look dry. Sprinkle each indentation with 2 tsp. grated Monterey Jack cheese. Return to oven, and bake 5 minutes more, or until cheese has melted. Top with Zucchini-Corn Filling or Pico de Gallo.

PER SOPE (UNFILLED): 86 CAL; 3 G PROT; 4 G TOTAL FAT (1 G SAT FAT); 11 G CARB; 13 MG CHOL; 159 MG SOD; 1 G FIBER; <1 G SUGARS

Zucchini-Corn Filling

MAKES 2 CUPS | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

This ultraversatile filling works just as well in tacos, enchiladas, and quesadillas as it does as a filling for Oven-Baked Sopes (left).

- 3 Tbs. vegetable oil
- 1 small onion, chopped (1 cup)
- 6 cloves garlic, peeled and thinly sliced
- 2 medium zucchini, cut into ½-inch cubes (2 cups)
- ½ cup fresh or frozen corn kernels
- ½ cup cooked black beans
- ¼ cup coarsely chopped cilantro
- 2 Tbs. lime juice
- Chili powder, for sprinkling
- ½ cup crumbled queso fresco or feta cheese, optional

Heat oil in skillet over medium-high heat. Add onion and garlic, and sauté

free recipe!



SPICY PEANUT NOODLES

8 oz. linguine
1/3 cup low-fat creamy peanut butter
1-1/2 Tbs. rice wine vinegar
1 to 2 tsp. chile paste with garlic
1/2 tsp. sugar
1 medium-sized red bell pepper, cut into thin strips
3/4 cup chopped seeded cucumber
3 green onions, sliced diagonally into 1/4 inch pieces
2 Tbs. chopped cilantro

Cook linguine. Combine peanut butter, 1/4 cup water, 2 Tbs. soy sauce, vinegar, chile paste and sugar in a large bowl; whisk until blended. If sauce does not have the consistency of cream, thin it with a little water. Add linguine, bell pepper, cucumber and green onions. Toss well and sprinkle with cilantro.

PER SERVING: 234 CAL.; 9G PROTEIN; 8G FAT; 33G CARB.; 0MG CHOL.; 270MG SOD.; 3G FIBER

Chayote squash subs for traditional cactus palms in a colorful salad.

7 minutes. Add zucchini and corn, and sauté 7 minutes more. Stir in beans, and cook 2 minutes. Stir in cilantro and lime juice. Spoon into Oven-Baked Sopes or tacos, and sprinkle with chili powder and cheese, if using.

PER 2-TBS. SERVING: 81 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 8 G CARB; 0 MG CHOL; 34 MG SOD; 2 G FIBER; 1 G SUGARS

Nopalitos-Style Chayote Salad

SERVES 8 | VEGAN | GLUTEN FREE

Pear-shaped chayote (pronounced chi-YO-tee) squash have a mild, zucchini-like taste but a firmer texture than summer squash. Because they are easier to prepare and more readily available than nopalitos (cooked cactus palms), we've used them in a salad traditionally made with the sliced cactus. Canned nopalitos can be found in Mexican grocery stores if you want to make the recipe more authentic.

- 2 Tbs. lime juice
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. dried oregano
- 1 tsp. chili powder
- 3 Tbs. olive oil
- 1–2 drops hot sauce, optional
- 2 chayote squash, diced (2 cups)
- 1 bunch radishes, sliced (1 cup)
- 6 green onions, thinly sliced (½ cup)
- 4 cups watercress or arugula

1. Whisk together lime juice, garlic, oregano, and chili powder in bowl. Whisk in oil and hot sauce, if using. Let stand 30 minutes at room temperature.
2. Cook chayotes in large pot of boiling, salted water 10 minutes, or until tender. Drain, and cool.
3. Combine chayotes, radishes, green onions, watercress, and dressing in bowl. Toss well.

PER SERVING (1 CUP DRESSED SALAD): 61 CAL; <1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 162 MG SOD; 1 G FIBER; <1 G SUGARS

salud!

Mexican Home Cooking School owner Estela Salas Silva recommends this drink menu for a Pueblan feast:

HORCHATA
a cool, milky drink made with rice, almonds, and cinnamon

AGUA DE JAMAICA
iced hibiscus tea

MEXICAN BEER
Tecate and Corona are vegan-friendly

TEQUILA



Nopalitos-Style Chayote Salad

Guacamole

MAKES 2 CUPS | VEGAN
30 MINUTES OR FEWER | GLUTEN FREE

Homemade guacamole is easy and absolutely essential for a Mexican feast. Puréeing the onion in a food processor releases its juices and keeps the guacamole smooth.

- ½ small white onion, cut into chunks
- 2 avocados, halved
- ¼ cup lime juice
- 3–4 drops hot sauce, such as Cholula

Purée onion in food processor until smooth. Mash onion purée with avocados, lime juice, and hot sauce. Season with salt and pepper, if desired.

PER 2-TBS. SERVING: 31 CAL; <1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 2 G CARB; 0 MG CHOL; 39 MG SOD; 1 G FIBER; <1 G SUGARS

Pico de Gallo

MAKES 3 CUPS | VEGAN
30 MINUTES OR FEWER | GLUTEN FREE

This chunky sauce is more like a relish than a salsa for dipping.

- 1 lb. tomatoes, coarsely chopped (2½ cups)
- ½ small white onion, finely chopped (½ cup)
- ¼ cup coarsely chopped cilantro
- ¼ cup lime juice
- ½ jalapeño chile, finely chopped (1 Tbs.)

Stir together tomatoes, onion, cilantro, lime juice, and jalapeño chile in bowl. Season with salt, if desired.

PER ¼-CUP SERVING: 11 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 51 MG SOD; <1 G FIBER; 1 G SUGARS

Chorizo and Potatoes Tinga

SERVES 8 | VEGAN

Tinga, a hearty Pueblan stew seasoned with smoked chiles, can be served on its own or as a filling for tacos or enchiladas.

- 2 Tbs. vegetable oil or olive oil
- 6 oz. diced soy chorizo sausage, such as El Burrito Soyrizo (1 cup)
- 1 medium onion, sliced (1 cup)
- 4 cloves garlic, minced (4 tsp.), divided
- 4 medium boiling potatoes, such as red-skinned, peeled and grated (2 cups)
- 3 15-oz. cans diced fire-roasted tomatoes
- 2 tsp. dried oregano
- 1 tsp. sugar
- ¾ tsp. chipotle chile powder
- ¾ tsp. ancho chile powder
- 1 avocado, sliced
- ½ cup crumbled queso fresco or feta cheese, optional

1. Heat oil in Dutch oven over medium heat. Add soy chorizo, onion, and 2 tsp. garlic, and cook 5 to 7 minutes, stirring occasionally.
2. Meanwhile, place grated potatoes in colander; squeeze out any liquid. Add potatoes to chorizo mixture, and cook 10 minutes, or until potatoes begin to brown, stirring often to scrape up brown bits.
3. Add liquid from diced tomatoes to pot, scraping up any bits from bottom. Stir in tomatoes, oregano, sugar, chipotle chile powder, ancho chile powder, and remaining 2 tsp. garlic. Season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 45 minutes, or until sauce is thick. Garnish with avocado and cheese, if using.

PER ¾-CUP SERVING: 229 CAL; 6 G PROT; 10 G TOTAL FAT (<1 G SAT FAT); 31 G CARB; 0 MG CHOL; 683 MG SOD; 6 G FIBER; 8 G SUGARS

Arroz Verde

SERVES 8 | VEGAN | 30 MINUTES OR FEWER
GLUTEN FREE

"Poblano chiles" means "chiles from Puebla"—so what better way to dress up rice for a Pueblan meal than with the smoky, slightly spicy peppers?

- 2 cups arugula or chopped romaine lettuce
- 2 medium poblano chiles, seeded and cut into chunks, or 1 medium green bell pepper, seeded and cut into chunks, plus ½ jalapeño chile, cut into slices
- 1 cup fresh flat parsley leaves
- ¼ cup cilantro leaves
- ½ small onion, cut into chunks
- 2 cloves garlic
- 3 Tbs. vegetable oil or olive oil
- 1½ cups long-grain rice

1. Blend arugula, poblano chiles, parsley, cilantro, onion, garlic, and ¾ cup water in blender or food processor 30 seconds, or until smooth. Set aside.
2. Heat oil in large saucepan over medium-high heat. Add rice, and sauté 3 to 4 minutes, or until rice is opaque and beginning to brown. Stir arugula-poblano mixture into rice, and cook 1 minute, or until most of liquid has evaporated. Stir in 3 cups water, and season with salt, if desired.
3. Reduce heat to medium-low, and simmer, uncovered, 15 minutes, or until rice is soft and most of liquid is absorbed. Remove from heat, cover, and let steam 5 minutes. Fluff with fork, and serve.

PER ¾-CUP SERVING: 203 CAL; 4 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 34 G CARB; 0 MG CHOL; 154 MG SOD; 1 G FIBER; <1 G SUGARS

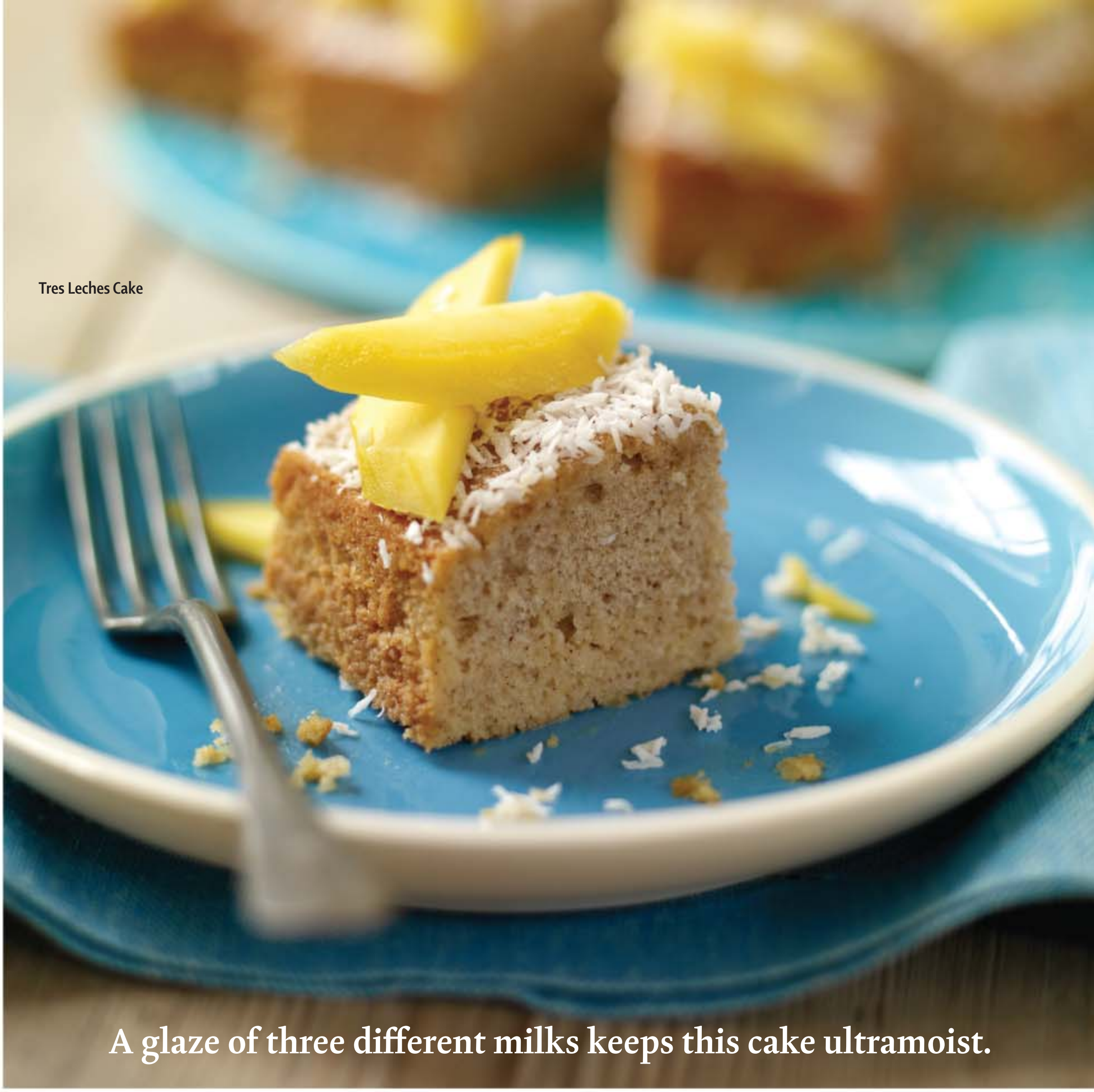
Tres Leches Cake

MAKES 16 SLICES

One bite of this melt-in-your-mouth dessert and you'll understand why it is *the* special occasion cake all over Mexico.

CAKE

- 1½ cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. ground cinnamon
- ½ tsp. salt



Tres Leches Cake

A glaze of three different milks keeps this cake ultramoist.

½ cup (1 stick) unsalted butter or margarine, softened
1 cup sugar
4 large eggs, at room temperature
1 tsp. vanilla extract
½ cup unsweetened dried coconut
2 mangoes, peeled and sliced

TRES LECHES GLAZE

¾ cup low-fat evaporated milk
½ cup low-fat milk
½ cup low-fat sweetened condensed milk
2 Tbs. brandy or Tia Maria, optional
½ tsp. vanilla extract

1. Preheat oven to 350°F. Coat 9-inch square baking pan with cooking spray.
2. To make Cake: Whisk together flour, baking powder, cinnamon, and salt in medium bowl.
3. Beat butter and sugar with electric mixer 2 to 3 minutes, or until light and fluffy, scraping down sides of bowl occasionally. Beat in eggs one at a time, then beat in vanilla extract. Continue beating on medium speed 2 minutes, or until batter mixture is smooth. Beat flour mixture into egg mixture ½ cup at a time until batter is smooth. Increase beater speed to medium high, and beat 5 minutes, or until batter is light in color.
4. Spread batter in prepared pan, and bake 30 minutes, or until toothpick inserted in center comes out clean and Cake begins to pull away from sides of pan. Place Cake in pan on wire rack to cool, and poke holes all over using fork or skewer. Cool Cake completely.
5. To make Tres Leches Glaze: Whisk together all glaze ingredients in small bowl. Spoon and spread over Cake, allowing Cake to soak up all liquid. Cover with plastic wrap, and refrigerate 12 hours or up to 2 days.
6. To serve: Sprinkle Cake with coconut, and top with mango slices. Cut into 16 squares. Store in refrigerator.

PER SLICE: 244 CAL; 5 G PROT; 10 G TOTAL FAT (6 G SAT FAT); 34 G CARB; 72 MG CHOL; 153 MG SOD; 1 G FIBER; 24 G SUGARS

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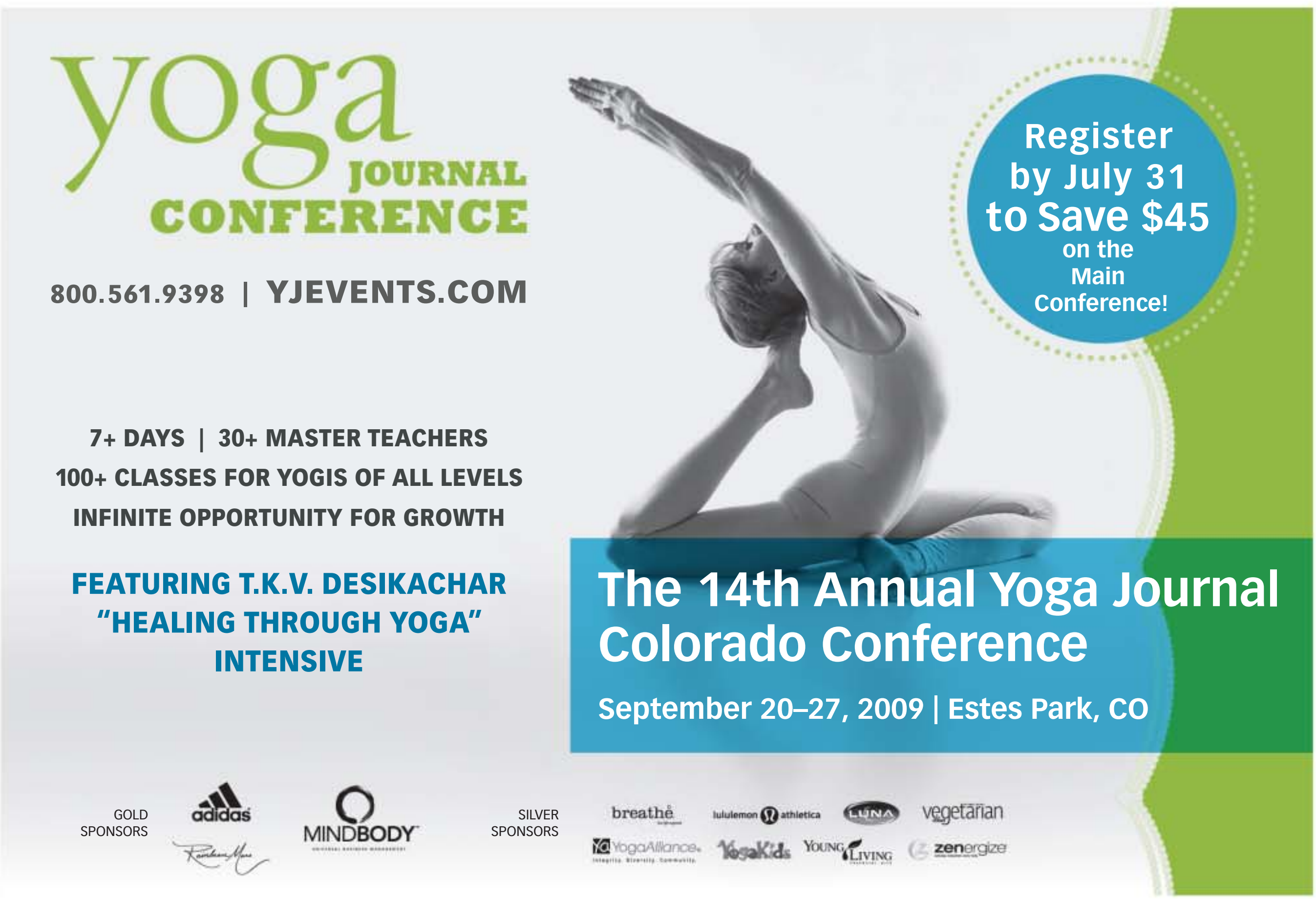
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Who: *Vegetarian Times* and Sustainable Economic Enterprises

Where: Hollywood Farmers' Market, Hollywood, Calif.

When: June 14, 2009 10:00 a.m.–noon

For more information or updates visit: vegetariantimes.com/community



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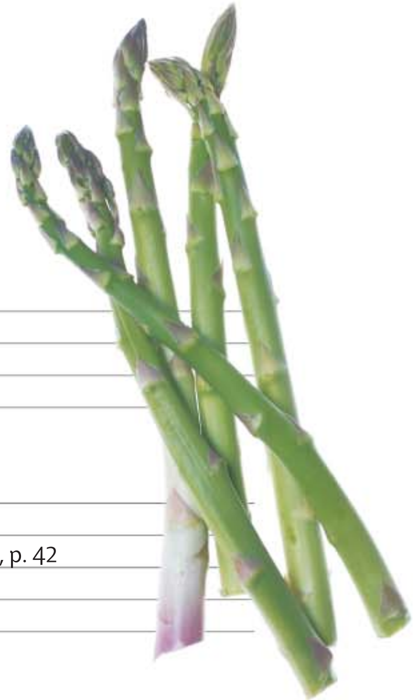
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VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	
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BY Maggie Patinelli

“Give peas a chance.”
—Anonymous



sugar snap peas

Enjoy those farmers’ market sugar snap peas now, before the summer heat turns up! The crunchy pods don’t like it hot, which means the local season is short—but deliciously sweet. Crops fresh from the garden or farm have a superior taste and crunch: two qualities that begin to diminish after just a few days off the vine.

How to buy and store

- “You’ll know you’re getting the freshest sugar snaps when the calyx—the green part of the plant’s flower—is still attached,” says Jerry Rutiz of Rutiz Family Farms in Arroyo Grande, Calif. “These dry out in four to six days so you don’t typically see them on the peas you buy at the store.”
- Look for plump sugar snaps that squeak when you rub them together, a sign they are crisp and not soggy or dehydrated.
- Store in the fridge to prevent the sugars in the veggies from turning to starch.

PHOTOGRAPHY: MIKE LORRIG

CHEF’S TIP

Jeremy Fox, executive chef at Ubuntu Restaurant & Yoga Studio in Napa, Calif., tosses sugar snap peas with olive oil, red pepper flakes, and salt, then roasts them for 10 minutes in a 450°F oven. He then adds a little lemon juice, lemon zest, and chopped mint for a flavorful side dish.